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A

# DOMESTIC GUIDE

TO

MOTHERS IN INDIA,

CONTAINING

PARTICULAR INSTRUCTIONS ON THE MANAGEMENT OF  
THEMSELVES AND THEIR CHILDREN.

**By a Medical Practitioner**

OF SEVERAL YEARS EXPERIENCE IN INDIA.

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# I N D E X .

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## P R E F A C E .

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IN appearing before the Anglo-Indian community as an Author, I do so with the greatest deference, and I may almost say reluctance.

A lady remarked to me how very much a work was required on this side of India, containing directions to mothers upon the management of themselves and their infants, adding that she herself had felt all the difficulties of ignorance and inexperience in these matters, having had the misfortune to lose her only child, while stationed with her husband at some distance up the country, where she was without any domestic guide to point out to her what to do.

The husband of this lady took up a higher ground, and urged me to write this work upon religious motives. He said God had intrusted to each of us talents, which we were bound to employ both for the glory of His Name, and for the benefit of our neighbour. He strongly maintained, that unless we do so to the best of our power, we are in a parallel situation to the owner of the one talent spoken of in the parable of our Lord, and like him we shall be condemned at the last day for our idleness. Excuses will then be vain, and only aggravate our punishment. These I thought truly cogent arguments, and al-

though I felt my inability to fill the character assigned me, in a manner suitable to my wishes, I nevertheless, resolved to use my humble efforts to benefit my fellow-creatures.

The hard critical reviewer must remember, that this book is not intended as a thesis or dissertation upon diseases having correct nosological arrangement, and pointing out at the same time technical assortment under diagnosis, prognosıs, &c. My object will be apparent from these preliminary remarks, and will, I hope, be better understood as the work develops itself.

Some of my female readers may, perhaps, be in possession of Dr. Corbyn's work on the diseases of children in India: by such ladies this humble performance will be estimated in proportion as it happens to coincide with that excellent work, and with their own private experience; but that work is rare as well as valuable, and, I regret to say, so expensive as to be above the reach of ordinary means. This might be assigned as a reason for my undertaking a work on the same subject, but any such reason is quite unnecessary; the more the subject is discussed the better it will be known and understood in these days of reading, and thinking; and a prior entrance upon any subject, by no means debars others from also taking it up. It will be for the public to decide whether I have acted presumptuously or otherwise, in doing so.

Bombay, 1836.

THE AUTHOR.

## INTRODUCTORY OBSERVATIONS.

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IN a climate like India, it is a matter of great importance, that mothers should possess some guide as to the management of their infant offspring. The climate is altogether ungenial to their tender and exotic constitutions, so that the little ones may be said to maintain, from the very moment of their birth, a struggle for existence against a greater or less amount of suffering; and, as a natural consequence, daily sad experience proves how few children live to gladden the hearts of their anxious parents. A European lady in India has none of those advantages which surround her in her native land. There she has perhaps her own mother to guide and direct her during her confinement, and in rearing her tender babes; or she may have an old experienced nurse who has been for half a century conversant with such scenes, and who, from travelling over and over the same path, understands every cry the infant utters — her experience responds at once to its wants, and either food or physic is supplied, as the case demands. In England the mother feels she has this aid to rely on, it yields her consolation, tranquilizes the mind, and almost renders medical advice unnecessary. The child is born in a climate also natural to its temperament and constitution, and has very few of those diseases which stare us so horribly in

the face in this country. The peculiar irritability of the child's constitution *there*, remains in a great measure dormant, while in a hot climate like India, it is brought into full and active play with its long train of diseases and death. Ladies in this country, generally marry very young, and soon afterwards proceed up the country with their husbands to join their stations: here, perhaps, is only a small society with scarcely a lady among it. Thus she is left to her own resources, timid and inexperienced, and soon brought into the trying period, when she is to bring forth her first-born.

We next see her with her infant pale, sickly, and irritable, and more or less suffering; the mother bending over the darling of her heart with alternate hopes and fears. She learns her friend has just undergone a severe shock in the bereavement of her child. She reads that Mrs. — lost her little darling at such a station up the country, and again, and again, the same melancholy fact is pressed upon her notice; the tear of sympathy starts in her eye, and her heart becomes a prey to anxious fears, not knowing whether the next visitation of death may not rob her of all she holds dear on earth, next her husband.

Under circumstances like these, how desirable must it be for the mother to possess a work, with directions of such a nature as to admit her consulting it; and by its directions be enabled to act in many trying cases with alacrity. I shall endeavour to lay important matters before the reader by easy and familiar dialogues, as being better adapted to convey to the mind, in a clear and succinct view, the necessary directions to mothers.

## PART FIRST.

### DIRECTIONS GIVEN TO MOTHERS DURING PREGNANCY, MISCARRIAGES, CONFINEMENT AND ITS AFTER TREATMENT

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#### CHAPTER I.

##### PREGNANCY.

To a young woman married only a few months, it is natural she should feel anxious to know what the various strange symptoms she experiences mean. They are altogether new to her; she has never suffered as she now does at any former period. The delicacy of feeling peculiar to her sex at her young age, prevents her from communicating, even to her husband, the sensations which she experiences; much less does she like to call in a medical man, indeed, so much so is this the case, that I have known young married females endure great suffering, ere they could overcome their reluctance to make known their ailments. I have therefore thought it best to commence with the usual signs of pregnancy, and thus enable the young married woman to consult in her own retirement, a work which will, in a great measure, obviate the necessity of medical advice. But if any doubt should still present itself, and there may be present at the station with her

any experienced European female nurse, who may have had a family, I would advise her being consulted in preference to a doctor. My reason for this, is the fact, that when a medical man is summoned for his advice, all the circumstances of the case are not made known to him, owing to its being impossible for the person to overcome her delicacy of feeling.

One of the earliest indications of pregnancy is stoppage of the monthly discharge. By a female who has this punctually, the fact is readily observed; but it may be here remarked, that this is not an infallible sign, especially in India, where some females undergo this regular periodical visitation for some months after they become pregnant. When this is the case, it *puzzles* the ladies very much. It puts them out in their reckoning as to the probable time of their accouchement. Stoppage of the discharge is, therefore, one sign, but not an infallible one.

The next signs are, a peculiar restlessness and sleepiness; a faintness stealing over the whole frame; and a very frequent occurrence is, the countenance changing colour alternately white and red. The early symptoms of pregnancy are also sickness and retching. It may occur any time during the day, perhaps early in the morning after rising, or upon getting up into an erect position, or after taking any meal, but especially after breakfast. I know some ladies who suffer so much from this irritability of the stomach for the first three months, that they can take scarcely any food. They vomit up every thing

that they take, and the consequence is, that before four months are past they are almost reduced to skeletons.

Another symptom is an alteration in the features, they become sharper; the temper also changes, and becomes peculiarly susceptible of irritation. I knew a kind good natured husband (whose wife, when in the family way, was so extremely irritable) who was in the habit of consoling himself by saying—"Ah, she is cross just now being in the family way, but her temper will get better after her confinement I hope."

The neck and breasts also undergo considerable enlargement. These parts of the body are generally small, and not at all developed before pregnancy; but on its taking place a very sensible alteration is observable. One very important fact ought to be noticed here; I mean the appearance of the nipple. Before pregnancy it, as well as the circular discolouration round the base, which is called the *arcola*, is of a rosy tint. This part changes into a dark brown, or mahogany colour, and spreads all round to the size of nearly a crown piece. This is more observable in a first pregnancy than in succeeding ones, and is therefore a valuable index. Some of the earliest symptoms are frequent desire to make water, and a sensation of bearing down of the womb. As pregnancy advances some of these symptoms alter. In the second, third, or fourth month of pregnancy, spasms in the muscles of the belly frequently occur; these rise up into hard and painful knots; and also a peculiar motion, which may be designated *flutters of the bowels*. To an inexperienced mother these may be mistaken for the movement of the



child, but they are not at all connected with it, for at this period the child is so small and young, that it is unable to move.

The next thing observable, is a slight swelling and great tenderness of the navel. Also costiveness is now a very troublesome complaint; and it will be observed on squeezing the nipple, that the breasts contain a watery, straw coloured fluid, which is the first approach to the formation of milk. And lastly after the middle, and towards the end of pregnancy, the abdomen becomes very much enlarged, and the kickings of the child are more perceptible. If the child is very obstreperous, these kickings ultimately become very severe. I know a lady who once told me, she really thought the child would burst the womb and jump out, and that its movements gave her great pain.

During this period heart-burn is a most troublesome symptom. The rising in the throat is so acrid as to create vomiting, and produces a sensation as if a flame of fire were burning the mouth, stomach, and throat; while at the same time there is a violent pain at the pit of the stomach, passing through to the spine and shoulder blades. Heat of skin is another troublesome symptom, and the patient in this country is so much oppressed with it, that she courts every breeze; and if there happens to be no wind, she becomes very restless and irritable. The palms of the hands, and the soles of the feet, are the hottest parts. Tooth ache, and pain in the face are not uncommon attendants; and lastly, swelling of the feet and legs.

As it regards the length of time which pregnancy lasts, it

may be mentioned at nine months. The best guide in reckoning the probable time of accouchement, is to count from the date of the disappearance of the last monthly discharge, and to allow from it nine months and ten days. These extra days are necessary to be calculated in counting in this manner.

## CHAPTER II.

## ON THE PROPER MANAGEMENT OF PREGNANCY.

I will now point out to the person suffering in this manner, how to manage herself during this period. In the earliest months the sickness, when very distressing, may be mitigated, by taking occasionally a mild laxative; as rhubarb and magnesia, a little castor oil, or some manna; and rubbing the pit of the stomach with equal parts of laudanum and oil. If the sickness is very troublesome, taking a little blood from the arm is a valuable remedy. Before rising in the morning, the patient should take a crust of bread and a cup of coffee. Light bitters, as Gentian, do good; soda water powders are very useful, taken while effervescing, but these things give only temporary relief. Sometimes vomiting takes place almost after every meal, while at others, several days will pass without inconvenience. If the symptoms are very distressing, laying quiet upon the couch, and taking only a small quantity of nourishment at distant intervals, will be necessary.

The clothing should be light and comfortable, and especial care should be taken, that tight stays are not worn, nor any thing which presses too much on the abdomen.

Costiveness may be obviated by eating dried and fresh

fruits, as plainties, oranges, French prunes; and also plums are good aperients. Manna and magnesia mixed, form a mild medicine. Some ladies take castor oil; others make an infusion of senna leaves, strain it off, and mix half tea and half senna infusion together: this is a very palatable way of taking medicine, for the tea completely overcomes the taste of the senna.

Heart-burn in the middle and latter months requires to be treated with magnesia or soda. If the bowels are loose, chalk is the best; but if costive, two tea spoonfuls of magnesia are necessary. The prescription I have found most useful has been "one dram burnt magnesia, one dram of pure ammonia water, three ounces of plain water." Two table spoonfuls to be taken when necessary.

Piles being a very annoying complaint during pregnancy, a strong decoction of oak bark mixed with laudanum as a lotion may be applied; with the use of mild laxatives; as confection of senna, and cream of tartar mixed. The complaint can only be palliated; for as long as the pressure of the womb causes both costiveness and piles, so long does the disease continue, and is only removed altogether by the birth of the child.

When the legs swell, they should be kept up on the couch on a level with the body. When the child is very restless, and kicks and cuffs about, the warm hand applied will sometimes quiet it: small doses of laudanum, twenty drops given occasionally, may quiet both mother and child; also rubbing the belly over with laudanum is beneficial, and has the advantage over an internal use of the medicine in not producing, or aggravating costiveness.

The appetite, when the person is in health, is very keen, and should be supplied constantly with good wholesome food. It is not sufficient to take the regular meals, but there should be some food always ready, either in the night or day. The demand upon the blood is very great at, and after the third or fourth months of pregnancy, and consequently the proportion of nourishment must be augmented. We ought to be tender of our neighbour's reputation, when we hear that Mrs. ——— eats enormously. People are not aware of the increased demand nature makes, by which a sensation is produced that treble the usual quantity of food could be devoured. The demand is urgent, and must be supplied.

Sometimes fainting fits occur in the last month, owing to the pressure of the womb upon the large vessels, in which case it is only necessary to put the person in the recumbent position. Apply hartshorn and ammonia to the nostrils, wash the temples with Eau-de-Cologne or Lavander Water, and give a little cold water to drink.

It will be necessary for me to observe here, that during the former and middle months of pregnancy, rest is of great advantage. A little attention to this would prevent many miscarriages; while on the other hand, I strongly recommend that plenty of exercise should be taken during the last month or two. The mother should keep upon her legs, moving about up to the last moment. She may rely upon it, by following this simple rule, she will have a better confinement than she would by a contrary course.

A person knowing herself to be in the family way should avoid any violent emotions of the mind; dancing

and horse riding, especially in India, are wrong. I would also caution ladies from stooping, lifting weights, or reaching any distance or height.

As it regards the drinks which pregnant women ought to have, they must be varied according to circumstances; but I may observe that all strong spirituous liquors are injurious. Some ladies cannot take tea, others milk, because they turn acid on the stomach. The various liquids, as tea, coffee, milk and such like may be tried, and which ever agrees best should be used. I have generally observed that milk and water is the most agreeable, and causes less "heart-burn" than any other.

## CHAPTER III.

## ABORTIONS OR MISCARRIAGES.

Miscarriages are much more common in this country than in a cold climate, arising from the debilitated state of the constitution. Women who are healthy are not so liable to it, as those who are weakly and delicate. Some females of the latter description do not possess the strength necessary in order to go their full time, and from mere exhaustion become subject to miscarriages. They may be brought on by any extra excitement, as visiting, sitting up late at parties, fright, stooping too much, and lifting weights, and sometimes by imprudently riding on horseback. Where the habit of miscarrying is once induced, it is difficult to overcome it. It seldom proves fatal, but it is frequently productive of evil consequences at some future period. Every precaution should therefore be used, (especially by weakly females,) when in the family way, to avoid all exciting causes to this complaint. When it is even suspected that pregnancy has taken place, the evils above enumerated should be avoided, rest should be enjoined — avoiding all fatiguing exertions, all idle visiting, and gay dissipated parties. The most common period when miscarriages take place, is within the first four months. If the child is born after the seventh month, it is termed premature birth. The real danger



from flooding is less when it takes place early in pregnancy, than at a later time. When it comes on within the first month or two, the flooding is very inconsiderable, but at five months it is much increased.

I have before said, where the habit of miscarrying is established, it is difficult to break through it. If it has once taken place, great attention is necessary when the female again becomes pregnant: rest and the recumbent position just at that period, should be strictly enjoined, and maintained till sometime past the former mishap.

*First Visit.*

PATIENT. I have not been well Doctor, all day. I have a peculiarly cold feeling down my spine, pains in the lowest part of my bowels and the bottom of my back; sometimes it is very severe.

DOCTOR. Does the pain continue without intermission?

PATIENT. No; at times I am quite free from it, but almost every half hour it comes on very sharply.

DOCTOR. Are you quite regular monthly?

PATIENT. I have not been so for nearly three months, but this morning I observed there was a slight appearance, and it was very red and clotted.

DOCTOR. Can you tell me whether you think you are in the family way, and how long you may have been so?

PATIENT. I don't exactly know, but I think I am. It is nearly three months since I first observed the ceasing of the usual discharge.

DOCTOR. I apprehend you are now suffering from a threatened miscarriage, which I fear is too strongly esta-

blished to be able to stop it. If it were only just coming on, I would recommend your being bled.

What you must do now, is, keep very quiet in bed ; lightly covered with bed clothes—a sheet will be sufficient. Apply cold wet clothes between your legs to the womb, dash cold water over your loins, and take this draught \* every four hours. Take only cold acid drinks ; such as lemonade, cream of tartar, &c. You may also rub the lower part of the bowels with laudanum.

*Second Visit.*

PATIENT. O! I have been so ill, Doctor, since I last saw you : the pains in my back and lower part of my belly have very much increased. I have felt a rush of flooding. The blood which came away was of a scarlet colour, and appeared solid, like bits of flesh.

DOCTOR. Did any solid lump pass away ?

PATIENT. At last, when the pains became very severe, and in quick succession with great forcing down, all at once I felt something crack and give away ; and a solid lump followed, which the Ayha will shew you.

DOCTOR. I see miscarriage has taken place, as I thought it would. This is the bag in which the very small fœtus is contained. You will have no more pain. Is there any discharge now ?

PATIENT. I am quite easy, and have been ever since ; there still continues some discharge. I feel very faint and exhausted.

DOCTOR. You must lay very quiet. Continue the appli-

\* Infusion Roses, two ounces; Diluted Sulphuric Acid, ten drops; Laudanum, ten drops.

cation of the cold wetted clothes, and go on with the mixture. You must not get out of bed to-morrow or next day; and you must take some opening medicine.

*Third Visit.*

PATIENT. I am pretty well to-day, Doctor. May I get up?

DOCTOR. Not yet. Have you taken the medicine?

PATIENT. Yes; I took a dose of oil, and it has operated twice. There is no discharge, but a watery one. How many days must I continue here?

DOCTOR. You must lay quiet for at least a week. How has your general health been for some time past?

PATIENT. Very weakly. I have been complaining for the last two months, and have felt a bearing down pain; a tired sensation after doing the slightest thing, with restless nights, and frightful dreams. My spirits had been very low. I could have sat down and cried without assigning any reason.

DOCTOR. You must, as soon as you recover from this mishap, undergo a course of tonic medicine, and be very careful in every thing you do. When you have quite got over this, you must take these \* pills three times a day, and throw up an astringent injection.† Your diet must be nourishing with a glass of Port Wine daily. You should not walk for some time, but take plenty of exercise in a carriage in the open air. Go to rest at night before 10 p. m.

\* Quinine Grain, one; Sulphate of Zinc, grains two; Extract Gentian, grains two, make into a pill.

† Alum, one ounce; Sulphate of Zinc, one dram; Acetate of Lead, half a dram. Water two, pints, mix and make into an injection.

and rise by 6 A. M. and sleep at night as cool as possible. I will now give you some general directions how to act when you may be in the family way again, in order to prevent such another painful and distressing event.

PATIENT. Thank you, Doctor; I wish you would.

DOCTOR. When you imagine you are approaching the same period in pregnancy again, you had better send for me, and let me take a small quantity of blood from your arm. You will most likely have some premonitory pains of the same character as you have described to me, when you should lay upon your couch, and not put your legs to the ground. Keep yourself as cool as you possibly can, pour or dash cold water over your loins every day in the morning, and take some gentle aperient occasionally, (manna is the best); you must also avoid every agitation of the mind, all severe exercise, and violent efforts. Too much sleep should not be indulged in. Gentle exercise in the carriage is beneficial, but it is desirable you should be carried both up and down stairs, and, in order to strengthen you, take this\* mixture three times a day. Your diet should be nourishing and good: rub laudanum all over the bowels twice a day, and do not wash it off for a week or ten days.

PATIENT. I will endeavour to recollect your instructions.

DOCTOR. It is most probable, if you can go the full time with your next child, that this habit of miscarrying

\* Infusion Roses, two ounces; Aromatic Diluted Sulphuric Acid, ten drops; Tincture of Bark (Huxton's), half a dram, mix and make a mixture.

will be overcome; therefore it is of the greatest importance to follow the above advice. Miscarriages always induce great debility and sometimes a falling of the womb. The weakness and derangement of the system consequent upon this unfortunate habit, frequently necessitate the sufferer to part from her husband, and go to England for two years at least, in order to recruit her health and strength.

## CHAPTER IV.

## ACCOUCHMENT.

This is a time in which, under the ordinary course of nature, little or no assistance is required from a medical man. A good midwife is sufficient to render that which is requisite. At every station where European women are procurable, a midwife should always be selected from them. Generally, this class of females are more intelligent than natives; they are stronger, and better able to assist in after nursing, washing, &c. : besides they are divested of those foolish prejudices to which the native midwives are subject, and which always operate injuriously. During the labour no intermeddling ought to be allowed : nature, if allowed her own way, will, in all the ordinary cases, accomplish her task well. The only time assistance is requisite, is at the moment the child is being born.

It will be evident to all mothers who have had a family in this country, and been so situated as only to have had native midwives during their confinement, how exceedingly disgusting their mode of procedure is—the exposure, the position, the useless handling, the tugging and hauling, are all truly distressing. Nothing of this sort is at all called for : all the operations of nature go on without this adventitious aid, and the feelings of the patient are much soothed when the fact is known.

Cases have come to my knowledge where this unjustifiable interference has been the prolific cause of painful wounds and tardy recoveries. I remember a lady telling me, a native midwife deemed it necessary to put the child into such hot water, as nearly to scald it; and then to knead the head (as she said) to get it into the *proper form*.

Where the person feels timid, as she generally does at first, it will be desirable to have a medical man in the house, to operate as a check to this meddling; and where the patient can bring her mind to submit, he may attend her.

The child, as soon as born, should be received into a shawl of fine flannel. Next, have all the phlegm removed out of its mouth and throat by the little finger, so as to allow respiration to go on freely. It should then be well washed, the navel dressed with burnt rag and bandaged; and afterwards dressed, first with a binder, and over it a little flannel banyan or jacket without arms: next a loose flannel petticoat fastened to the banyan or jacket by strings all round, and over all a frock or dress with sleeves, and then kept warm. I may here remark that no pins ought to be used in the child's dress; strings alone are to be used. The mother also should be washed and bandaged, and then put into bed, carefully avoiding getting into the upright position, or at all exerting herself: this is with a view to prevent hemorrhage. The next important point I would direct the mother's attention to, is, that the European nurse ought not to be engaged for a less period than three weeks. The present system of remaining only nine and ten days, till the navel is healed,



is a very bad one I consider the proper nursing during this period, as more conducive to the speedy recovery and future health of the mother, than is generally supposed. By getting up and exerting herself too soon in attending to the baby, a long protracted recovery is the consequence, and very frequently a falling of the womb. It is only necessary to see a female suffering from this painful disease fully to dread it; and it will be found on tracing the causes which have led to it, that it has originated from rising too soon after delivery. The womb has not had sufficient time to recover its proper size, and its own weight acts like a drag weakening its suspensory ligaments.

I will now conclude these few observations by again repeating, that no nurse ought to be entertained for less than three weeks.

*The Doctor's first visit after the Confinement.*

DOCTOR. Well, Mrs. ———, how do you feel now?

MOTHER. Pretty comfortable, I thank you. I have slight pains flying about me. Do you consider it necessary Doctor, to give baby any castor oil?

DOCTOR. The pains you complain of are merely the after pains. If they continue I will give you a composing draught; \* but, unless severe, I would rather you did not take it. With regard to your baby, I generally do not give any medicine, for the first supply of milk is so purgative, as to render it unnecessary. Some mothers are very fidgety on this point, in which case, as a little oil does no harm, I acquiesce.

\* Laudanum, twenty drops; Sp. Lavander, twenty drops; Camphor Mixture one ounce and a half.

MOTHER. When do you consider it proper to give baby the breast?

DOCTOR. Generally speaking, I find in this country, the milk does not come freely till the third day, when there is a rush to both sides. After twelve hours, I think you may try; perhaps the baby may get some. If not, you may give a spoonful of milk and water mixed with a little sugar.

MOTHER. Mrs. B., my friend, has sent over to say, she is very anxious to see me. May she come, Doctor?

DOCTOR. By no means: you must not see any visitors. You are already over-excited by the pleasurable feelings of maternal fondness, and any additional cause would throw you into a fever; great care and quietude for the first ten days are necessary, during which period I must positively prohibit all visitors. You must also remain quiet in bed till my next visit, and take only congee, tea, toast, and such like. It is natural when you are in good health to feel a great desire for food frequently for the first day or two after delivery. But this must not be indulged in. Persons should be very cautious for the first week, in order to prevent what is termed milk-fever.

MOTHER. Must I take any opening medicine?

DOCTOR. Yes, I was just going to tell you to take some aperient on the morning of the third day. You may take any kind you prefer, so long as it operates freely.

### *Second Visit.*

MOTHER. O! I am glad to see you Doctor, for I am tired of laying in bed, and my breasts are so painful, hard and

knotty ; besides which they feel so full, that baby gives me no relief.

DOCTOR. You may now sit up in bed, but it is too soon to rise altogether. You do not know how weak you would feel, were you to attempt getting up. I fully expected what you say about your breasts, and great care and attention in this particular are requisite. You must desire the nurse to apply her own mouth and thoroughly empty them ; having them well, but gently rubbed with brandy and oil for at least half an hour : this manipulation and drawing off of the milk, must be frequently repeated during the day and the night, till all the swelling and knotty hardness is removed. The nipple must also be kept very clean, well washed and dried after each time the child is nursed, otherwise you will have some painful sores ; washing them with brandy and water frequently is very necessary. Did you take the medicine as I directed ?

MOTHER. Yes ; and it has operated freely. It has relieved me very much, for before I took it I thought I felt feverish, but all that has gone off now. I wish Doctor you would look at baby's navel, and see if it is going on right.

DOCTOR. Yes. I perceive it is not yet separated, but sometimes it does not until about the seventh day. Go on applying the burnt rag and bandages. It will be necessary to apply a small pledget of linen over the navel after it has separated, and over it again, a bandage for at least two months so as to prevent Hernia. By neglecting this I have seen the navel protrude, in after life, to the se-

rious suffering and detriment of the child, which might have been obviated by care at this period of its existence. How are the infant's bowels?

MOTHER. The first day they were opened very frequently, and quantities of black stuff passed away; now that is changed, and the motions, though still frequent, have become a bright yellow. Baby has a little wind on his stomach, but otherwise he is doing very well.

DOCTOR. You had better procure a bottle of Dalby's Carminative, so that when troubled with much wind, give him two or four drops in Aniseed water, or plain water.

MOTHER. Must baby be bathed or only washed, Doctor?

DOCTOR. Great cleanliness is indispensable to the health of the child. You had better not bathe him till the navel comes off. But be sure always to have his body well powdered with hair powder, especially at the joints and between the legs. The child's skin is very tender; easily frets and comes off on the slightest irritation. For this reason the napkins should be changed directly they are wetted, and the parts dried and well powdered. Care in this way will always conduce to the infant's health. The clothing at first must be warm, especially about the feet.

MOTHER. What may I take to eat now, Doctor?

DOCTOR. You may now have chicken broth, and a little light pudding, congee, and things of a similar nature, till my next visit.

*Third Visit. (Tenth day.)*

MOTHER. You see I have got up to-day, Doctor. I feel

weak as you said, but delighted at the change. May I see visitors now?

DOCTOR. I am glad to see you looking so well; be careful you do not catch cold. It is yet too soon to see visitors. Your neighbour Mrs. ———, contrary to my advice, admitted an intimate friend on the ninth day, thinking there could be no harm. They chatted — the baby's beauties were discussed, and all the little et ceteras too numerous to mention; the visit occupied some hours; during the night she did not feel well, was restless; and this morning on going there to see her, I found her suffering from fever. It is very silly and wrong in visitors intruding thus, merely from a wish to gratify their idle curiosity; it is done at the great expense of injuring the health and perhaps endangering the life of the mother.

MOTHER. When will it be proper?

DOCTOR. Certainly not till the baby is a fortnight old, and you have in some measure recovered your strength. In a few days you will be able to take an evening drive in the carriage.

MOTHER. Will you look at baby's face? It is covered with spots, and I don't know what they are.

DOCTOR. Oh, those are musquitoe bites. Baby is now improving fast, the skin is losing that deep red (the future prognostic of a very fair skin) and becoming natural.

MOTHER. His eyes matter a good deal, and in the morning they are closed.

DOCTOR. This is very common with infants, the eyelids are the parts suffering. A little attention will soon

cure them. You must get a piece of fine rag, dip it in lukewarm milk and water, and wash off the matter very clean, next drop a little into the eye, which will wash out any matter — this must be repeated very often during the day, as often as the least matter is visible. Besides doing this, with constant attention, you had better also wash the eyes with rose water night and morning, which strengthens them. With treatment of this kind, it will soon disappear; but if neglected, it is apt to run on into ophthalmia. Are your bowels regular?

MOTHER. Not very. It is now two days since.

DOCTOR. You had better take a dose of castor oil to-morrow morning. You may now take animal food, and in a few days more a glass of wine. I suppose baby's navel has come off.

MOTHER. Yes. It came off three days ago. I am following your directions in applying a compress of rag over the navel, and a bandage over it. The little darling is still troubled with wind. My breasts are much better, but still a little knotty.

DOCTOR. It is necessary I should now tell you that new born infants are subject to a stoppage in making water. To relieve this, the warm bath is the best remedy, or warm fomentations over the lower part of the belly, and a tea spoonful of dill-water with four drops of "Dalby" may be given; and again some infants are troubled with obstinate costiveness. The best way of relieving this is, by gently *shampooing* (or rubbing) the bowels, and introducing a piece of rag (rolled up into a sharp point and dipped in oil) into the rectum. The child is thus induced to force,



and a motion follows ; if however unsuccessful, you may give a few grains of manna mixed in milk. In conclusion, when you see baby smile in its sleep, you must watch it, for this is a sign of wind in the bowels.

MOTHER. How often in the day am I to nurse baby ?

DOCTOR. At first you must not leave your child, for at this early period he will require nursing very frequently ; but after three months he may be brought to take regular meals, at stated hours, eight or ten times in the 24 hours. You will then be able to take your regular exercise during the intervals. In this climate you will most likely suffer considerable thirst,<sup>1</sup> for which rice congee, barley water, and plain water, are the best. And now you are getting up, let me caution you against wearing any thing tight across your breasts. Stiff stays, or any other hard thing, pressing these, is apt to cause obstruction of the milk, and then abscesses are produced.

MOTHER. When may baby go out to take the air ?

DOCTOR. I think you may venture to send him out when three weeks old, taking care not to expose him to cold winds or much glare.

MOTHER. Ayha tells me I must not lay baby so much on his back, but mould the head into a proper shape.

DOCTOR. She is right regarding laying the child on its back, but very wrong in attempting to mould the head. This latter you must not think of doing, but leave it to itself. As the bones of the head are loose when the child is born, it is necessary to vary the position from time to time, by laying it first on one side, and then on the other,



or on the back. Doing this will be also soothing to the child's feelings.

## THE SNUFFLES.

Almost all new born infants have what is termed the snuffles. It exactly resembles a cold in the head, and the child appears unable to breathe through its nose. The anxious mother thinks the dear babe has caught cold, and has forthwith every door and window closely shut; however, there is no occasion for all this, these symptoms being peculiar to so young a child; and it always goes off of its own accord as the infant grows older.

## CHAPTER V.

## INFLAMMATION AND ABSCESS OF THE BREASTS.

This is not by any means an uncommon disease with ladies after their confinement. There may be various causes which induce it. Such as neglecting the breasts at the first rush of milk, catching cold, and where there exists much debility, or any particular constitutional irritation. In most instances, this disease may be avoided by great care and attention on the part of the nurse to the breasts during the first month. Wherever there exists the least tendency to hard knotty lumps, tenderness, and even pain, the part should be instantly examined ; for it is from small beginnings that such a series of painful sufferings are induced, ending perhaps in the formation of a large abscess.

*First Visit.*

MOTHER. During the last day or two, I have felt one or two hard knotty lumps on my breast ; they are not painful, excepting that I occasionally feel a sharp darting pain running through them.

DOCTOR. Do you perceive any redness or swelling ?

MOTHER. No ; there does not appear any redness or swelling, except just about the knotty lumps.

DOCTOR. Do these lumps feel painful to the touch?

MOTHER. Yes. They are very sore, and I feel it most when I move my arm much.

DOCTOR. Does the baby draw that side pretty freely?

MOTHER. Not very freely. He does not seem to like that side. I hope I shall not have a broken breast, Doctor: do you think I shall?

DOCTOR. I hope not: we must try all we can to prevent it. You had better have your breast drawn directly by the nurse, who should do so by applying her own mouth, and then have it well rubbed with oil and brandy every half hour. If after that you feel no relief, I would advise you to have two dozen leeches applied over the tumour, and afterwards well fomented with hot water, so as to encourage the bleeding. When this has been done, you had better keep this cold evaporating \* lotion constantly applied by means of a large piece of rag fourfold thick. As soon as it gets dry or warm, wet it again, and keep your arm very quiet, perhaps the best position would be in a sling.

### *Second Visit.*

MOTHER. O, Doctor, I have been suffering much from this lump in my breast. It is much larger, more painful, and the skin over it is quite red.

DOCTOR. Yes; I perceive it is not so well. There is decidedly inflammation going on in it now. The whole breast is swollen, and the skin very red. I also observe

\* Take of Spirit of Wine, two ounces; Muriate of Ammonia, four drams; Cold Water, twenty ounces; mix and make an evaporating lotion.

it is painful to the touch. Do you feel any pain in the arm pit ?

MOTHER. Yes, a good deal ; and the plunges of pain throughout the whole is very distressing: it makes me quite sick.

DOCTOR. We must yet endeavour to reduce the inflammation by active means ; and if it resists these, we must then bring it forward, and let it form an abscess.

MOTHER. I will do any thing you wish.

DOCTOR. You had better have three dozen more leeches applied at once, and when they are removed, put over the leech-bites a warm poultice, in order to encourage the bleeding. If in the evening you do not feel better, have the same number repeated, and in the same manner another poultice. As soon as the blood has ceased to flow into the poultice, have it removed, and apply constantly the evaporating lotion as ordered yesterday ; keeping it constantly renewed as soon as it feels warm. If you could get any ice, or water cooled by saltpetre, so much the better.

You will require an aperient draught, which take directly, keep yourself quiet, and don't take any beer or wine, and not much meat.

### *Third Visit.*

MOTHER. I felt greatly relieved after the second set of leeches were applied in the evening, but I much fear it will come forward and break.

DOCTOR. As the skin over the lump looks very red and angry, as the hardness and swelling are extended over the whole of that side of the breast, and as it does not

show any signs of dispersing, I would recommend now that it should be brought forward, and when the abscess is formed, have it opened.

MOTHER. I am suffering so much pain, and passing such sleepless nights, that I am anxious you should do any thing you deem advisable.

DOCTOR. Well then, get a poultice made, and apply it all over the breast as hot as you can bear it. Renew them every four hours, and each time have the part well fomented with hot water ; do this night and day. You had better take a \* composing draught at bed-time to alleviate the pain. As soon as any fluctuation or softness is evident, showing that matter is formed, I will puncture it and let it out. After it has discharged freely a few days, all these symptoms will go off, and the abscess will gradually dry up. You will then experience no more pain, but it is most likely the hardness will require some time entirely to subside.

\* Black Drop, five drops, or Laudanum, twenty drops ; Tincture Lavender, one dram ; Camphor Mixture, two ounces ; mix and make composing draught.

## PART SECOND.

DIRECTIONS GIVEN TO MOTHERS ON THE GENERAL  
MANAGEMENT OF CHILDREN — DISEASES OCCUR-  
RING BEFORE TEETHING — AMAIIS, OR WET-  
NURSES — VACCINATION AND WEANING.

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### CHAPTER VI.

#### GENERAL MANAGEMENT OF CHILDREN.

The proper management and bringing up of children is a matter of great importance, and especially so in influencing their minds early with moral motives to all their actions. Many parents are not aware how very young children may be when this influence is felt, and acted upon by their tender offspring: even as early as twelve months old. But my object is more, in the first place, to point out means how to preserve the health.

Healthy children, with ordinary care and prudence on the part of the mother, will get on very well for the first twelve months, without giving much trouble and anxiety, beyond seeing them fed and taken care of. After this period they are very liable to fall off from the influence of teething, but a healthy child will exhibit less of the sufferings they are subject to at this period, than those of weakly and delicate constitutions. Children of healthy

habits generally cut their first teeth without its being known, and proceed with their teething without any serious ailment; they may be cross and irritable at nights just about the time the teeth are cutting the gums, but these will all vanish when the tooth is completely through. Others with equal good health may lose their appetite at the same period; and others may have a looseness of the bowels only for the day or two during which the tooth is making its appearance, and then resume their usual condition.

I have observed, that in most children of this healthy habit, if situated in a good climate, as on the sea coast, or on elevated land, such as the Deccan and Mahabuleshwur Hills, that they cut the eight front teeth, and four double teeth, with little difficulty; perhaps with only the symptoms above enumerated. As I have before mentioned, they fall away in flesh, but do not suffer from any disease. Cutting the eye-teeth produces the most disturbance; and if any important attack of disease comes on, it is at that period. They are generally cut when the child is about eighteen or twenty months old; and when it is about two years old, the next four double-teeth will be found to be fairly through. The child now has twenty teeth, the difficulty and danger of teething is past; and the child then generally goes on very well. If great attention be paid to children, sometimes disease coming on may be foreseen, and treated so as to prevent serious illness. When a child from having always had a clear skin, possessing a lively and pleasing temper, and constantly playing about, changes to a dark or rather muddy colour, with patches



here and there of a sallow hue, looks dark and hollow round the eyes, is peevish, irritable, not satisfied with any of his playthings, and will not eat his food as usual, then it may be apprehended that the child is going to have an illness of some kind. Here, by anticipating disease, I am persuaded it may be checked, if not prevented. Children do not after these twenty teeth suffer any of those complaints incident to teething. If they get ill, it arises either from climate, or from some other cause, such as bilious fever, small-pox, worms, or any other disease.

After the child has attained to three or four years of age, the climate is peculiarly apt to produce bad effects upon him — he may grow too rapidly, he may be thin and weakly ; and where the flush of health ought to glow upon his cheek, there the pale cadaverous hue is spread. The fact is, the child is an exotic; and although born in this country, the climate is no less inimical to its constitution than to that of the parents. As we approach places which in their climate assimilate to the cold of Europe, so does the child improve: I allude to the Neelgheries, the Mahabuleshwur Hills, and all situations of great elevation. I have, it is true, seen children from Dharwar and Poona, look rosy and healthy in the cold season, but they generally fall off again in the hot. I mention these things to impress upon parents the necessity of sending their offspring home early, ere the child's constitution becomes influenced by climate. This especially applies to those children who are weakly. There it becomes so absolutely necessary, that, in many instances, it is the only means in our power to preserve life. I have, in the course of my

practice, sent children home apparently without hope of recovery; but by the time they have reached England, they have become so well, and so greatly improved in appearance, that the friends to whom they were sent, have expressed their surprise at the parents parting with their children so young. Change does wonders at all times for invalids, but its benefits to children exceed those to adults, owing to their youth, and to their constitutions being so elastic, as readily to yield to influences whether beneficial or prejudicial, in this a counterpart of their minds. It is not desirable to keep any child after he is five years old if he can be sent home; and I would urge this particularly if the parents reside at any of the unhealthy stations, like those to the northward of Bombay.

I shall now proceed to enumerate, under particular heads, instructions how to manage the child. Any mother anxious for the moral culture of her children, will never keep her child in this country after five or six years old. The native servants instil all kinds of poisonous ideas into their young minds. Being heathens themselves, they see no harm in teaching them all the dogmas and obscenity of their religion, and the mind of the child is of that nature as greedily to receive and retain all impressions of their recital, especially as the symbols of superstition are scattered in every direction; so that children cannot avoid meeting them in their morning and evening walks.

## CHAPTER VII.

## EXERCISE.

Exercise is a very important point in the management of children. It is customary in this country to take them out in the open air morning and evening, but at all times they should be allowed to enjoy the fresh breeze as much as possible, being careful not to let them go in the sun. Healthy children will commence using their legs about nine or ten months old. Some parents are afraid to allow them to put their feet to the ground so soon, fearing deformities, but this is a mistake. It is a general law in nature, with regard to the animal economy, that the more the muscles are brought into play, the sooner they develop themselves, and exhibit what is called their power or strength. We have only to look at the arms of the blacksmith, the legs of the pedestrian, the upright and graceful figure of those who carry weights upon their heads, and the powerful and well-developed frame of the wrestler, to see the truth of this observation. Exactly upon the same principle we go in directing that infants be taught to walk early. I am acquainted with a truly excellent and pious clergyman, who is so well aware of this fact, that he commences teaching his babes to walk at six months. He is indefatigable and patient in his labour of love, and by caresses and encouragement, added

to a natural eagerness in children to walk, the child stands almost alone at eight months, and walks at nine. On the other hand, I have seen parents who, <sup>1</sup>fearful of the consequences, have not thus taught them, and at twelve months old they have not known how to use their legs. Putting children into a "go-cart," is a powerful inducement for them to walk.

As soon as children fairly get upon their legs and can walk, they should be encouraged to continue it : the place should always be open and airy. Nothing is more conducive to health, than exercise in the open air. The eagerness with which children get dressed to go out in the evening, shows how much their spirits are elated by the prospect of a walk ; and towards the close of it, they will frequently go fast asleep. Another source of exercise, is amusing them. A child will make great exertions when properly amused, which is compatible to health. Some stupid nurses will do nothing, but lull it to sleep all day, instead of amusing it. This ought to be guarded against ; and such stupid people should always be dismissed, for their influence will teach the child to be lethargic and dull like themselves. A lively, active, and intelligent boy, is the most likely to amuse the child. If the child can be entertained during the day without sleeping, so much the better ; but if not, it may be put to sleep once in the day.

## CHAPTER VIII.

## CLOTHING.

Young infants should be kept warm for the first three months. I have mentioned what the babe should be dressed in when first born. (Page 23.)

In the cold season, the child should wear a flannel banyan, and petticoat or trowsers, attention always being shown to health and comfort, and not to finery. When carried in the arms, a loose cloak made to hang below the feet, will prevent the cold wind from striking on the body. At eight and ten months old, it will be best to have it sent out in a little carriage; especially in the hot season, when the heat from the servant's body renders the baby uncomfortable. During the rainy season, the child should be dressed in a light flannel dress, a kind of frock reaching from the neck to the feet. A weakly infant will especially require this. In the hot season, scarcely any clothing is necessary: a thin flannel banyan, and a light calico jacket, to which a pair of trowsers of the same light material should be buttoned, or a pin-afore, may be worn, made low with a band round the waist, and partly sewn up the back.

In order to keep the head cool, I have generally recommended that caps be discontinued after two months. When the child goes out into the open air, hot and

heavy bonnets, or hats, should not be worn, but one of a light and open texture.

In the rainy season, it is necessary always to have the clothes well aired before putting them on. The air is filled with moisture, and the clothes rapidly imbibe water from it. A *sigree*, or pan of live embers, put under a cage of light rattan work, is the best: on this the clothes may be placed. The bed and bedding should also be daily dried during this season by the same means.

Great attention should be paid to keeping the body clean, and the hair properly combed and brushed. If the child is in health, it is a good plan to bathe it daily in pleasantly warm water. Any wet clothes should be instantly changed, and a clean suit put on every day. This is very necessary in India.

Different mothers have different tastes in dressing their children; and there may be no great harm in their having these, provided they pay the strictest attention to the advice with which I shall conclude this branch of my subject, namely, let them see that in gratifying their own fancy, they keep the head always cool, the feet and bowels warm.

## CHAPTER IX.

## DIET.

During the days of infancy, I am a great advocate for confining the child to the nourishment it derives from the breast. Beginning too early to feed the infant with the spoon, is a source of much mischief. Some mothers commence feeding as early as the second or third month, thinking by doing so to obviate the necessity of getting a wet-nurse. They also hope thus to be able to make up for any deficiency in their own milk, and that the child, by the union of these means, may be able to go on until they can wean it, which they intend doing at an early period. All this I consider blameable in this country.

I have mentioned elsewhere that European mothers are frequently unable to give their own offspring the nourishment they require, owing to the influence of the climate upon their constitutions. It is, however, of the utmost importance to continue suckling the child, not by the mother, but by an *ahmah*; and it is very desirable not to give the child any spoon-meat until seven or ten months old. At this period, it may be fed once a-day with simple arrow-root made thin, without milk. At eleven or twelve months old, this may be increased to two meals a-day, and they may consist either of arrow-root, sago, or *rolong* conjees; and during the intervals, the child



should be supplied from the breast. From fourteen to sixteen months, it may have pish-pash, a mixture of rice and minced fowl boiled together into a pulp. Even at this time, if the child has much difficulty in teething, if suffering from any particular disease, and of a weakly constitution, I would recommend its still being fed at the breast. There may afterwards be difficulty in weaning him, but this is of no consequence. It is only necessary to keep him from seeing his nurse, and in a few days he will forget it.

After sixteen months, and till two years of age, if the child has tolerable health, he may have strong beef-tea, or bread and meat once a-day, with bread and milk and water morning and evening. I have found the following an excellent diet: Make strong soup of beef, or chicken, boiled in a jar, then strain it; and with the broth thus made, make a kind of conjee with arrow-root, exactly similar to making arrow-root conjee with water. It is not to be sweetened, but salt is to be added. Soups are always better made, if boiled in stone jars. In making all these things, mothers should look well after them, for we cannot depend upon servants in India.

Great simplicity of diet should always be observed, and strictly enjoined: the child in no instance should be allowed to judge for itself. It should always have this lesson impressed upon its mind: "children are not able to judge for themselves, and therefore they must have only what the parents consider best for them."

I have the pleasure of being acquainted with a most amiable lady and excellent mother, who maintains strict

discipline in this way. She rules her children, not by the rod, not by fear, but by love : she gives her child bread and salt, with milk and water for breakfast; soup, or bread and meat, for dinner, with water ; and the same for supper as at breakfast, never indulging him with forbidden sweets, and the long catalogue of poisons, with which most children are indulged. It is quite impossible to see a finer child : he is the very picture of health. Many mothers would say, “ O dear, how can you be so cruel as to advise such a miserable diet ; why the peasantry in Ireland eat only potatoes and salt : my child must have something more comfortable.” Here it is that false indulgence so mars every effort to rear a healthy family, and introduces a train of diseases and suffering which, but for so false a feeling, might have been avoided.

I strongly recommend to my readers this example of feeding children when three or four years old. Salt is a very valuable condiment with food. It is a healthy stimulant, is always grateful, and when used constantly with the food in this way, does not cause thirst : but its principal utility is, it has a powerful influence in destroying worms, which form in the bowels. Mothers are too sparing of it in the diet of children, from a vague apprehension of being injurious, but this is a mistake. It does good ; not harm.

I will therefore again inculcate the necessity of observing regularity, and simplicity of diet, with avoiding every indulgence that can in any way injure, either the moral or physical condition of the child. I imagine it was never intended by an all-wise God, that man should indulge in

such hurtful practices as eating and drinking such varieties as they now do ; and I have no doubt it is one of the causes in operation which tends to curtail our earthly existence. Temperate eating and drinking conduce very much to longevity ; and I hope the advance of general intelligence in the present day, will lead parents to impress this important truth both on their own minds, and on those of their children.

## CHAPTER X.

## GOVERNING CHILDREN.

The moral government of children is of greater importance to their healthy condition, than is generally supposed. A spoiled and petted child, who is constantly indulged, whose temper is never corrected, and that gets every thing he cries for, becomes, in the course of *time*, peevish, fretful, obstinate, and passionate, screaming and fighting whenever his wishes are in the least degree opposed. Nothing pains me more, than to see a fond mother correcting every body but the child, and administering rebukes to all who cross his will. Such mothers usually talk in the following strain: "Never mind that naughty person, my dear, you shall have it;" and immediately gives the child the thing it cries for. I have seen children brought up in this way, who have, in the course of time, exhibited quite the disposition of a demon. Indeed, to such a pitch of mischief does this sinful and foolish indulgence lead, that when the object of the child's wishes has been denied, he has commenced screaming, and, in the sudden gust of his passion, gone up to the person who denied it, kicked him with all his might, pinched and bitten him, and (not satisfied with this) has tried to tear the very clothes off the person's back. I knew a lad of about ten or twelve years of age, who, when thwarted, was

in the habit of taking up a knife, a fork, or a stick, or any thing at hand, with intent to inflict serious injury. This boy was noted for his cruelty; and one day he told his father he wished he was dead, that he might get his property. My readers may be shocked at such a recital, and be ready to conclude it to be an exaggerated account; but, I can assure them, I have stated nothing but the bare facts of the case as they were reported to me. All these evil results arise from the improper training of the child.

The discipline of children cannot be commenced too early. Maternal affection is a great bar to the exercise of it: still, any parent who is duly impressed with the dreadful consequences of a neglect of it, and who considers the immense value of the soul intrusted to her care, for the purpose of being reared up for an eternal existence, cannot but feel her responsibility, and will never allow her overwhelming affection to interfere with the real good of the child.

It should be exercised not in anger, or by fits and starts, but upon the principle of love. The heart of the child is naturally imbued with a reverential feeling for the parent, which may easily be preserved and increased by a consistent line of conduct on her part. The feeling of love should be made to appear to the child as that, which alone influences the parent's conduct in restraining, correcting, or encouraging. Corrections should never be hasty or in anger, but cool and deliberate; and due care should be taken to explain to the child where he is wrong, and the *reason* why he is punished. And, above all, it is desirable, when the child has been guilty of any great breach

of duty, to teach him that he does not offend the *parties* so much, as that he displeases God, who will always punish sin. *Firmness* is a branch of discipline which cannot be too highly commended. The child ought never to be permitted to do *any thing* which he has been forbid to do; and made to do whatever the parent directs. No excuse ought to be admitted; and should any be attempted, it ought to be met by a mild, uncompromising firmness. Children soon learn, and are great observers. Wherever they see this decision of character, they invariably respect it; but if they are trifled with, and imagine that they may disobey this or that command with impunity, the evil consequences will soon be evident. It is a good thing to teach a child that he must be guided by his parents, and that what they say must be attended to. The parents, therefore, should be upon their guard, and never say or command any thing they do not mean; and whatever is enjoined, should be in a mild and affectionate spirit. Children should never be misled, either by telling or acting untruths. The plain and common meaning should always be told them. They soon learn deceit; and how can we wonder at this, when others act such parts as to teach them deception.

The native servants are very fond of this; and if children are left much to them, we see them grow cunning, deceitful, and tellers of falsehoods. A child may be taught at twelve months old not to cry on every trivial occasion. When older, it should be instructed always to ask for what it wants, and to wait patiently till he gets it: to consider falls and bumps as accidents, and not to cry on those occasions: not to touch or handle any article without permis-



sion : to do as he is bid, and if told any thing is not good for him, not to ask for it again. Always to retire to bed at the usual hour, though it may be contrary to his wishes. At this age, every opportunity should be taken, by passing objects and events, to instruct the child. Another point I would direct the mother's attention to, is always to speak English to the child, and to cause him or her to address her in the same language. This is a very important point, as enabling her to convey religious and moral instruction, which she could not do in the native tongue. A child will talk English as easy as any other language, for at this early age they pick up any language they hear spoken.

I admit that all this is very difficult, and requires unremitting attention ; but it is no less true, that it is attainable, and the parents will be truly delighted when they see its happy results. Such a line of conduct produces great equanimity of temper ; and to those who are aware of the intimate connection between mind and body, the benefit upon the health must be self-evident.

On putting a question relative to the management of children to a lady, who was conspicuous for the excellent order in which she kept her's, her reply was— " For the first twelve months, I obey my children, but always afterwards I make them obey me."

" Chasten thy son while there is hope, and let not thy soul spare for his crying." Prov. xix. 18.

I will now conclude by making a quotation from a very popular work.

" As habit is a second nature, how important is it to correct evil dispositions in children before they be-



come hardened ; and, under God's blessing, to give a right direction to the branches of thought and feeling, lest these fix themselves crookedly, and in time become too powerful to be subdued. Parental love, therefore, should ever be united with discretion ; for a fond indulgence of children (says Archbishop Tillotson) is frequently their utter ruin, and in truth is not love, but hatred. Elders ought also to remember, that youngsters are great copyists. “ *Little pitchers have great ears ;*” and youth, like the softened wax, with ease will take those *images which first impressions make*. Aware of this truth, Sir Antony Cooke (Preceptor to King Edward VI,) used to observe, that there were two objects before whom he could never do any thing wrong, his conscience and his children. A glance at his life, and that of his children, who were among the most exemplary characters of their age, will prove that his sentiment was as just as it is memorable.”

I trust that I need not offer any apology to my readers for the insertion of these observations, which may perhaps at first sight appear foreign to my subject. Convinced in my own mind of the intimate and inseparable relationship which subsists between the mind and the body, I have not for a moment questioned the propriety of inserting them ; and I feel assured, that my readers will be happy to find that they so much accord with their own opinions on this very important subject. Some children are more precocious than others, and the first lessons in the discipline of the mind may be earlier practised with them ; but the age at which I have noted, (twelve months) will be found pretty accurate.

## CHAPTER XI.

## RED-GUM.

MOTHER. I wish you would tell me, Doctor, what this rash is on baby?

DOCTOR. The eruption, I observe, is very abundant. It appears in small red pimples, and these are collected into blotches, not elevated above the skin. Does the child seem cross from it, and does any discharge come out from the pimples?

MOTHER. No: it does not seem to annoy him. When he is very hot, the bases of these blotches become very red. It appears mostly upon his cheeks, fore-arms, and on the back of his hands.

DOCTOR. It is the red-gum, and a thing of no consequence. You should not strike it in, but wash it now and then with milk and water, and powder it with hair-powder frequently. You may give him three grains of magnesia in a little milk and water. If it is very troublesome, put the child into a tepid bath.

This eruption generally shows itself in about the first ten days after the child is born, and lasts a longer or shorter period. In the hot season, I have seen it continue as long as a month, or six weeks, when it goes off; and while dying away, it assumes a yellowish brown appearance.

## CHAPTER XII.

### WIND IN THE STOMACH AND BOWELS OF INFANTS.

This complaint puts on a formidable appearance, though, in reality, it is of little consequence. Wind locked up in the bowels, produces considerable pain and distention of the abdomen, writhing of the body, and violent crying; all which symptoms vanish as soon as it is passed. It is more frequent in this country than in England, and generally arises from the milk of European mothers not being in a healthy condition. We seldom see ladies who have been in India any length of time in good health; so that we may easily imagine how the secretion of milk must be influenced, when the animal economy is out of order. The human milk has a great tendency to run into acescency when the health is indifferent, and though mothers may have an abundance, this is no criterion of its being of a proper quality. The child may drink and have apparently enough, but it becomes evident that it is not properly nourished, for it remains thin, and no perceptible improvement takes place. The crying of an infant should not be disregarded, as it is the sign of pain, or some want which ought to be attended to.

#### *Doctor's Visit.*

MOTHER. I have sent for you, Doctor, to tell you

how much baby suffers. He cries and screams at times very violently, kicks and throws his little limbs about, his belly becomes hard like a drum, he throws his head back, and his body forward as if in great pain; and I get quite frightened.

DOCTOR. What you have just told me, must proceed from wind in his bowels.

MOTHER. Yes, I think so too: for, after suffering in this way some few minutes, he passes a good deal of wind, and gets instant relief.

DOCTOR. I fear your own health is out of order, and that your milk does not agree with the child; if so, you will be obliged to get an alimah, or wet-nurse.

MOTHER. I do not feel very strong certainly, but otherwise I am pretty well. I find that the great heat of the weather exhausts me a good deal, and I have little or no appetite.

DOCTOR. I thought so; and to this may be traced, in some measure, the little one's sufferings. I will order you some strengthening pills.\* You had better get some native carraway seeds (native name "somp") from the bazar, make a tea of them, and drink it frequently in the day; and also ginger tea made of the green fresh root, mint, and other aromatics of a similar nature.

MOTHER. I will follow your advice, Doctor; but what am I to do with baby, when he has these painful attacks?

DOCTOR. First, let me direct your attention to getting the wind off his stomach, as soon as he has had the

\* Quinine, one and half grain; Sulphate Zinc, one grain; Extract of Gentian, two grains; make into a pill: one three times a day.

breast. Immediately he has done drinking, put him upright over your shoulder, and gently pat his back till you hear he eructates once or twice freely. This always does good. When the attack you describe comes on, and he cries very violently, put him into a warm bath, and give him five drops of Dalby's Carminative mixed in a teaspoonful of carraway seed, or aniseed-water; and encourage him to pass off the wind. As he thus appears subject to wind, you may frequently prevent these attacks by giving him two or three times a-day, a tea-spoonful or two of the above mentioned aromatic waters.\* But if baby still continues to suffer in this way, and does not appear to thrive nicely, you must make up your mind to desist from nursing, and get a good ahmah. I will call again shortly, and direct you how to act. If when the child is screaming, you lay it on its belly across your knees, then move your knees from side to side, and pat it softly on its back, you will find it sufficient to produce a discharge of wind, which will soon yield the child relief; or you may simply apply your hand on the stomach. I had better now tell you, that those children who are troubled very much with wind, have frequently "greenish stools;" this is an indication of excess of acid in the stomach, and will be best removed with either a dose of castor oil, or six or eight grains of magnesia mixed in milk.

\* One drop of the oil of aniseed mixed with a dessert spoonful of water, sweetened with sugar, makes an excellent mixture; and should be given after every nursing, night and day.

## CHAPTER XIII.

## ON AMAHS OR WET-NURSES.

I believe it is not generally known how much ladies are incapacitated from becoming good nurses to their babes, during their residence in this country. I agreed at one time with many of my professional brethren, in supposing that ladies, gave themselves airs, and were affected when they said, they could not nurse their children, and that many young mothers laid aside the maternal character, in order to gratify a desire for fashionable visiting; but, after twelve years experience, I have become much more charitable on this point, and have had too many opportunities of witnessing the extent to which a tropical climate undermines, and impairs the energies and power, of an European constitution. Mothers who experience every devotedness for their babes, feel a very natural reluctance to yield them up to native wet-nurses; the mind revolts at the idea of a stranger taking upon herself such a responsible office. All these feelings, however, must give way to imperious necessity; let mothers who are called to subdue these fond heart-yearnings, and to surrender their children in this way to an amah, embrace this consolation, that no infant thrives so well in India as those fed by these women: and more-over it



enables the mother to have the child nursed through his teething, a point of immense importance at that critical period.

Some mothers, notwithstanding my preceding remarks, have sufficient health and physical strength to go through the whole without a wet-nurse, especially if the accouchment takes place in the cold season, and in a good climate; but they are exceptions to the general rule.

It is not uncommon in India for mothers to nurse a few months only before the periodical discharge appears, and continues its monthly visitation; but this should not create any uneasiness, as it does not produce those injurious effects spoken of, nor, on the other hand, is it productive of any advantage. The general law of nature is, that it does not make its appearance while suckling. Its being present may, or may not, lessen the quantity of the milk: the latter is frequently the case. But it certainly produces debility; and when it makes its appearance, the lady may soon be in the family way again, in which case it is necessary to observe whether the milk diminishes or disagrees with the child; for if the mother be pregnant, the milk generally goes off altogether.

#### *First Visit.*

MOTHER. Well, Doctor, baby is sometimes better and sometimes worse: his health seems good, bowels regular, but he does not appear to me to thrive; his skin hangs loose upon his limbs, and he frequently throws up the milk. I believe, I must get an amah, although much against my wish.

DOCTOR. I think you had better do so. I am of opini-



on that in India such a line of proceeding is the best you can adopt. You will find all these disagreeable symptoms vanish, as soon as the child takes to the amah. In procuring her, you must strive to get one with a child as nearly of the same age as your little boy; this is of much importance, because milk undergoes decided changes, and what would be proper for a child of two or three months of age would disagree with one older.

MOTHER. Very well, Doctor; I will send at once for her, but I will get you to look at her first. May I assist her and give baby the breast occasionally?

DOCTOR. By no means. Such a proceeding would neutralize the good derivable from her. You must leave it entirely to her, and dry up your own. I will call to-morrow, and see the amah, and tell you what further to do.

*Second Visit.*

MOTHER. I have procured an amah Doctor; will you kindly look at her milk?

DOCTOR. Yes; she appears young and healthy, and her infant fat and well, which promises all we can wish. She says her child is three months old corresponding in age to yours. Let me see some of her milk. It ought to be quite of a sky-blue colour, and somewhat resembling cow's milk, mixed with water, but sweet and agreeable to the taste. As it becomes older, it will become whiter and thicker. The next thing we must attend to, is, has she any marks of leprosy about her. If she has had it, you will observe various irregular white patches in her hands,

feet, and body. Should you detect any thing of the kind, reject her at once.

MOTHER. The milk is as you say. What food shall I give the amah? Her skin appears quite clean.

DOCTOR. I would first have her well cleaned with soap and warm water, and then dressed in clean new clothes; for natives of this class are generally so dirty, that were you not to take this precaution, your baby might have some cutaneous disease communicated to it. With regard to her diet, I would give her early in the morning rice conjee with milk; at breakfast give her the kind of bread we get and butter, with tea. She should have her dinner about 1 p. m. chicken or mutton curry and rice, made very mild and simple. At about 7 p. m. she should have her conjee and milk again, as in the morning, with bread and butter, which will be about the usual tea time in the evening. If the child suffers from wind I would also advise your making an infusion of the native "dill seed" (somp), and letting her drink a cup full twice a day; or aniseed water, or peppermint. She will most likely require a large supply. She appears well able to fill her new office towards your little child. Had she been a thin, weakly woman, with a young infant, I would not have advised you to take her; but I have no doubt you will soon perceive a difference in the healthy condition of your child. You must personally see that she cleans herself, else she may only half do it.

MOTHER. What am I to do to get rid of my milk. Doctor?

DOCTOR. You will be obliged to pay attention to this

for a few days. At first you must have the milk drawn off once a day, if the breasts feel full and painful, but not otherwise, do not drink much fluid and only plain water, while your food should be dry and sparing. Take every morning a slight purgative of two teaspoonfuls of Epsom Salts mixed in half a tumbler of infusion of Rose leaves. You must have your breasts gently rubbed, and keep a piece of rag dipped in oil and brandy constantly applied on them. In this way you will find the milk soon leave you, but you must be sure, and follow my directions.

## CHAPTER XIV.

## VACCINATION.

DOCTOR. I have called this morning to say, that as the small-pox is in the neighbourhood, I think it very desirable your child should be vaccinated for the Cow-pox. Can you tell me his age?

MOTHER. He is just five months, I was thinking of having it done, but Mrs.——says it is too soon.

DOCTOR. When no urgent necessity exists for its being done, the small-pox not being prevalent, it might be deferred till your baby is eight or ten months old, but I am an advocate for its being done early in this country. When the Ahyas take the children out in the evening for an airing, they play all kinds of tricks, and instead of taking them to the open esplanade, the sea beach, or wherever the best air may be enjoyed, they take advantage of your not seeing them, and turn down some dirty street to visit their *sugguh* and *baee log* (relations and friends). It is in those visits that the little ones become exposed to the infection of the small-pox.

MOTHER. I was not at all aware of this, Doctor; and for the future I will be upon my guard. Whenever you feel disposed, I shall be glad if you will vaccinate baby.

DOCTOR. I have anticipated your consent, and brought

with me a child now under vaccination. There are two or three things I will point out to you before doing it : First, your own child should be in good health : second I prefer having it done direct from the arm of another child under the disease, as this enables you to ascertain whether it has gone on properly : thirdly, the period to take it is always on the eighth day ; for the pustule which you vaccinate from, should be well elevated from the arm and filled with a clear limped fluid, and on this day there should be no inflammation round its base. These things should be noticed, for if the disease is more advanced, it is apt to be spurious, and the constitution derives no security against a future attack of small-pox.

MOTHER. Do you think any other eruption can be communicated with vaccination ?

DOCTOR. I was just going to caution you against this evil. I believe medical men differ as to whether such ever takes place. I am of opinion that many cutaneous diseases are introduced into the system in this way, and cases have come under my notice, where I could attribute obstinate affections of the skin to no other cause. I therefore strongly recommend, that the child should be examined ; and if it has any eruption, to try and get another. This child, if you look, you will find has a clear, clean skin.

MOTHER. Will you have to make a deep incision, Doctor. I am very much frightened.

DOCTOR ? O no. I just introduce the point of the lancet into the ripe pustule, and when loaded with lymph or matter, I will puncture the skin of your little boy. Let it run into the wound, and there dry. This is done two or

three times in each arm, so that if one fails, others may perhaps take effect.

MOTHER. Will he have fever from it? and when will it be known whether it has taken or not?

DOCTOR. You will not perceive much before the fourth day, when it looks like a flea bite. The fifth day this is increased, and so it gradually advances till the eighth day, when the pustule is filled. After this redness takes place round the base, till the eleventh day; when if the Cow-pox is taking great hold of the constitution, the arm about the pustule is very red, hard, and painful, with tenderness under the arm pit, and a day or two of slight fever, with considerable irritability. These latter symptoms are not by any means common, but when they are present, I look upon them as favorable. After the twelfth day, the inflammation subsides, and the poek dies away.

MOTHER. Must baby take any medicine?

DOCTOR. Yes, on the eleventh day he should take a dose of rhubarb and magnesia, or oil, so as to open his bowels well, and you must not take him under the arm pit, as he will be very sore there, and perhaps ery. Should this fail, I would defer its being done again for another month, taking care the child is not exposed to the small-pox in the mean time.

## CHAPTER XV.

### SCURFINENESS OF THE HEAD.

MOTHER. My little child has a good deal of scurf on his head: it is dark coloured, reaching from the top of the head towards the back part of it. It appears to come off in scales, and is removed by rubbing: sometimes it itches very much, and teases the child.

DOCTOR. Do you find any unpleasant smell arising from it?

MOTHER. Sometimes there is resembling "curds;" and when I comb the child's hair the patches come off, and the skin looks red underneath.

DOCTOR. It is a complaint (though it does not deserve so harsh an appellation) generally arising from not keeping the head sufficiently clean. Rub the part well with sweet oil at night; and in the day wash it frequently with a borax lotion.\* Besides this, have the hair well brushed with a soft brush, but do not use a small tooth comb. By being careful to keep the head very clean and well washed and brushed, this may be, in some measure, removed. Sometimes children are born with it, when it generally looks bad, and has a nasty scabby appearance. In all cases like this, the lotion must be constantly applied, and even rubbed in. The strength of the lotion may be increased if necessary.

\* Borax half an ounce, hot water half a pint, make a lotion.



## CHAPTER XVI.

## THRUSH.

MOTHER. My little child has got something the matter with his mouth. It is covered with little sores, white in the centre, like little bits of curds of milk, and very red and angry all round their bases. He seems to be in pain.

DOCTOR. Let me examine it, I see it is the thrush. Is he purged with it, and does he stop sucking, and cry at the same time.

MOTHER. No—he does not appear purged, but he does give over sucking and begins crying, evidently in pain.

DOCTOR. Have you observed whether your own nipple is sore with it. I see the inner surface of his month is very red; with a number of these white spots.

MOTHER. Yes—I have one sore; just like that in baby's mouth.

DOCTOR. If it spreads downwards the same sores will run throughout the bowels, producing purging and vomiting, he may scream from the pain for there is much wind in the bowels, and be altogether very poorly. You must have caught it from the child.

MOTHER. Shall I give him any medicine?

DOCTOR. As he has no purging, and the effection is

confined to the mouth, mix one dram of powdered borax with one ounce of honey, and put it into the child's mouth on the tongue, very frequently during the day. Give the child to night, a few grains of magnesia and manna, as a purgative. If it should become worse, and spread downwards in the bowels, producing those symptoms, I before described, as purging, &c., you had better give these powders\* every four hours, and apply the borax and honey as before mentioned.

MOTHER. What food must baby have?

DOCTOR. As it regards the child's food, he should have nothing but the breast, attempting to feed children too soon, is productive of many and serious ailments, when this disease runs on any length of time, it is likely to produce very painful symptoms. The stools become very acrid, and a deal of disagreeable wind is passed off, with a small quantity of sour acid discharge from the bowels. If it goes on progressing, it causes great debility and emaciation, and considerable irritability of the stomach. The fact is, these little sores run quite through the bowels, and may be seen in the verge of the bottom which appears quite excoriated. Attacking it early will generally prevent this; great cleanliness is requisite; for as the bowels are constantly relaxed, more or less, troublesome sores would ensure from neglect.

\* Compound powder of chalk with opium, grains four; magnesia three grains; compound cinnamon powder, two grains; mix into a powder.

## CHAPTER XVII.

## VOMITING.

No. 1. Vomiting in children does not always proceed from disease. In young infants it is a very frequent occurrence, and takes place without any of the ordinary efforts of retching, or nausea of the stomach. When the child has been nursed at the breast, and happens to have taken too much, it soon after throws it up again. This does not amount to disease, but is simply the act of nature to relieve the overloaded stomach. This vomiting does not interrupt the playful disposition of the child, nor create any distress of feeling, which at once indicates that there are no important symptoms in the case, and consequently no medical aid is required. It is necessary to caution the mother against giving the infant too much at a meal.

No. 2. There is another kind of vomiting not so harmless, and producing more urgent symptoms. It is sometimes present during teething, and is caused by acid in the stomach, especially in those children, who are fed too early with spoon meat. I have seen a child without any assignable cause turn pale, struggle against nausea of the stomach, begin crying, and soon afterwards commence retching violently, and throw up an immense quantity of half curdled milk, and pale watery fluid. The quantity

has made me stare, wondering where it could all come from; in cases like this, there are all the disagreeable symptoms of nausea with the vomiting.

When the milk comes up coagulated and very acid, it will be desirable to mix a tea spoonful of lime-water and milk together, and give half at once, and the remainder an hour or two afterwards, or a few grains of magnesia may be given occasionally. After vomiting of this kind, it will be as well to let the stomach rest, before giving the breast again. I have generally remarked, that this kind of vomiting occurs in children, who are fed with conje, &c., at a very early age; should this appear to have been the origin of the sickness just described, it is very desirable immediately to return only to the natural milk.

No. 3. There is another kind of vomiting which is sympathetic of other diseases, and is generally met with in fevers, dysentery, &c. &c. This needs no remark here, as it must be treated as part of the disease it occurs in.

No. 4. Irritability and sickness at stomach sometimes precede serious illnesses. If the child does not appear well, has his bowels much relaxed, has no appetite, and is teething at the time, this vomiting will precede dysentery, perhaps ten or twelve days; and the retching for the time is very copious. It is also occasionally a forerunner of water accumulating in the head, in which case it is very urgent and distressing, ushers in the fever, and continues for several days.

No. 5. Vomiting may be produced by the child taking a quantity of hard indigestible food, such as pastry,

fruit, &c., which may be ascertained by enquiry. In a case like this, the stomach should be relieved either by hot water being given ; or administering an emetic of Ipecacuanha wine, as soon as the indigestible articles are thrown up, the patient is relieved, and the disease no longer exists.

These form five different kinds of vomiting, each requiring its own way of treatment ; I would earnestly recommend the anxious mother to observe and treasure them up in her memory.

## CHAPTER XVIII.

## NICCOUGH.

Young infants are very liable to this. It is a very harmless affection coming and going without requiring any aid generally speaking. It is mostly caused by wind in the stomach irritating the diaphragm, and if the nurse does not teach the child to cructate after each time it is nursed at the breast; this is very liable to come on. Gently patting the child on the back is sufficient, or if it is troublesome, a little dill-water or mint-water, or even a little cold water may be given, or a little soft sugar may be put into the mouth. If it resists all these common remedies, (which is not probable) then a few grains of magnesia may be administered, and the pit of the stomach may be rubbed with a liniment, composed of soap liniment and a little laudanum. But it is not likely to require such treatment as this last mentioned.

## CHAPTER XIX.

## WEANING.

I have elsewhere mentioned, that I consider it very important to continue suckling the child through the whole period of its teething. I know there will be many opposed to me in this observation, but the opinion here offered, is the result of diligent and patient investigation. A comparison cannot be made between children in England and those which are reared in this country, the rules which apply to the one will not to the other, and experience has convinced me that children nourished in this way, always thrive better, and are less liable to disease than those weaned prior to teething.

I do not mean to say, I would not feed them with the hand at all during this early period, but this ought to be regulated by circumstances. If the child (when eight or ten months of age) is healthy and not suffering from any derangement of the bowels, I recommend that he should be fed once a day. But should he happen to be suffering from bowel complaint, he had better be nursed entirely at the breast.

During the period of teething some children entirely lose their appetite, but feeling thirsty they gladly take the breast if offered; hence the immense importance of having it ready, indeed a child thus circumstanced would



perish without it, or, what the advocate for weaning prior to teething must admit to be at least as prejudicial as the breast, recourse must be had to tempting food, in the shape of cakes, sweets, &c. Such a diet is, I think, admitted on all sides to be productive of evil consequences.

I need not, I hope, repeat the caution which I have already given, against mothers in this country suckling so long; as I mentioned this before under the appropriate head, *vide* page 57. But to conclude, when it is decided to wean the child, it should be accomplished gradually. I will suppose the eye teeth to be through, and the mother wishes to begin weaning.

#### MODE OF WEANING.

For several days previously, the child should be fed on conjees, such as sago, arrowroot, rolong, &c, and the breast milk given only two or three times in the twenty four hours, this may be gradually reduced to twice in the same time, then to once, and, after a longer or shorter period, this may be discontinued, care being taken at the same time that the child does not see his nurse for several days. The child may most probably fret at first, but will soon forget all about it, and will look for the conjees with as much eagerness as he did before for the nurse. The best thing to feed a child from, is a little silver boat with a mouth like a small spoon. It teases a child constantly to give it spoonful after spoonful.

There are one or two precautions which I consider it necessary to mention. Many mothers fall into the error

of feeding their children both with too much, and too gross food ; this course is ill adapted to their tender stomachs. It is a very plausible error, because it is thought the child will get fat on good feeding ; but a very little experience would serve to detect its fallacy.

After a child is taken from the breast, the food should resemble its former nourishment as nearly as possible, and any changes in it, should be effected gradually. At first, conjees mixed with a small portion of milk, are best. Asses milk is an excellent thing, all the different forms of conjees may be tried, and that which agrees best with the child should be continued. The next step may be, giving bread, and milk and water for breakfast, and after a time the dinner, may consist of pish-pash, and broth, and lastly bread and meat. The particulars relative to all these items will be found in their proper place under the article *Diet*.

## PART THIRD.

### TEETHING, AND THE VARIOUS DISEASES CONNECTED WITH IT.

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#### CHAPTER XX.

##### TEETHING.

We now arrive at that critical period, when all the watchfulness and care of the mother are requisite in conducting her infant through the most trying stage of its existence. It is during this early period, that so many children are cut off. The bills of mortality show, that deaths are more frequent among mankind at the tender age of six months, and so onwards to two years, than at any other. Teething is indeed a peculiarly eventful period not only in regard to the sufferings which are appropriately its own, but also in laying the foundation of future diseases.

With regard to the exact time at which the teeth appear, it is difficult to lay down any definite rule, some children begin at as early a period as four months, whilst others do not cut a tooth till they are ten months old. We may therefore say, that the process of dentition, commences between the fifth and tenth month.

The two foreteeth of the under jaw generally appear first, next follow the two in the upper one exactly op-

posite; afterwards two more front teeth in the lower jaw, followed by two in the upper. Then a double tooth on each side of the lower jaw, followed by the corresponding ones in the upper: when these are through, next come the two lower eye-teeth, also called “dog—teeth,” from their resemblance to those of that animal, and after them the eye teeth in the upper jaw. Next follow four more double teeth, being one on either side of the upper and lower jaws.

In children who are healthy, the process is that here described, but in those who are weakly and sickly it varies, and no certain rule therefore, can be laid down. Teething is accompanied by so many complaints, that no one in particular can be mentioned as being the only one produced by this cause of irritation. It depends much upon the nature of, and the peculiar habit of the child's constitution, as to what form the irritation will assume. It may be looseness of the bowels, or fever, or dysentery, or wasting away, or disease of the liver, or water in the head, or peevishness, and I have frequently observed that children during this period have a very distressing ear-ache, without any disease existing in that organ. The irritation of teething may produce a corresponding effect on the nostril, hence the frequency of sneezing in infants during dentition. In some infants the gums are so inflamed as to be tender to the touch; all which I will notice under their respective chapters, in the routine in which I have generally seen them in practice.

During this period great attention should be paid to the diet—to the clothing—to regularity both in putting

the child to rest at night, and in rising in the morning—to the child during the night, that he does not lay in his wetted bed after he has made water—to watching him, that the servants do not let him sit down on the cold wet ground—and that he does not run about without shoes.

The common marks whereby dentition may be known, are ; there is first, heat about the mouth, which the mother will easily perceive through her own nipple. There is itching perhaps, which causes the child to press the gum and nipple together, or he rubs the gum with his fingers, or he thrusts all his hand into his mouth, while he will readily put any hard substance to his gums. Then there is a good deal of saliva flows from his mouth, constantly drivelling on his breast. After the continuance of these symptoms for a short time, the gum over the tooth is observed to be red, and swollen, and sometimes such a clearness of the gum, that the form of the tooth may be distinctly traced beneath. This goes on increasing, and as the tooth grows up, the gum which was before a sharp ridge, flattens down, and becomes very much distended. The next step is, the tooth cuts the gum and appears through like a small white ivory speck. The signs of *difficult* dentition may be enumerated thus, the child frequently thrusting his fingers into his mouth, with evident indication of pain, and suffering ; accompanied with headache, swelling, hardness, and redness of the gums, without any flow of saliva ;—great restlessness, startings, and screamings during sleep, fever, fits, cough, and, not an uncommon symptom, is difficulty of making water.

## CHAPTER XXI.

## SORE EARS.

MOTHER. Baby has troublesome sores behind his ears. They appear to come in pustules, 'and then run into sores not very deep. Mrs. ——, says I ought not to check them, but let them discharge as they lessen the irritation of teething.

DOCTOR. These sores generally come on about the time of teething, but it is very wrong to encourage them on that account. They are apt to become very painful, tedious, and inflamed, and besides this, they give off a very offensive discharge.

MOTHER. Yes, I find the smell is very unpleasant, but I have been led to encourage them from what Mrs. ——, said.

DOCTOR. You should not be misled by this popular prejudice, but on the contrary, get rid of this disease as soon as you can.

MOTHER. In what way shall I do so Doctor?

DOCTOR. You must begin by washing the parts well twice a day with soap and warm water; then spread a small quantity of Turner's cerate on fine rag, and keep it applied. You must take care that the cap, or its strings do not stick to the sores. Should the baby be in the habit of scratching the parts, put little muffles on his

hands. If you find the sores very itchy and angry, you may put on bread and water, or bread and milk poultices, and repeat a new one every five hours, but this should be omitted as soon as this angry appearance goes off, and the ointment should be applied.

MOTHER. Must I give baby any medicine?

DOCTOR. Yes; you had better keep his bowels open by giving him to night a powder<sup>†</sup> and to morrow a dose of castor oil.

If when you find the parts healed, a scab should form, which may be very itchy apply some tar ointment.

\* Calomel grain one; rhubarb grains five; make a powder.



## CHAPTER XXII.

## DIARRHEA, OR LOOSENESS OF THE BOWELS.

*First Visit*

MOTHER. I am very uneasy about my little boy doctor: I am sure he is cutting his teeth, for his bowels are very much relaxed; his motions are thin and watery, and of a clay colour, he suffers no pain when he passes them.

At night he starts up in bed and cries, and at times appears to have a difficulty in making water; he has no fever, and has been thriving very nicely since I got the Amah.

DOCTOR. He appears suffering; I think he is about seven months old; let me feel his hand, and examine his mouth; his skin is cool; the front part of the gum of the lower jaw feels a good deal swollen, and hot: from what I see I imagine the teeth cannot be far off; his belly appears cool and soft. Evidently there is a good deal of irritation about him, allow me to lance his gum, and you must give him to night, a \* powder, and early tomorrow morning, a dose of castor oil.

MOTHER. Oh Doctor, I am afraid to have baby's gums lanced, wont it do another day?

\* Calomel grains two; magnesia grains four; rhubarb grains three; make a powder.

DOCTOR. No : it must be done at once, it is owing to the gum over the tooth being so tense and unyeilding, that most of these symptoms are produced. The gum must be lanced freely, and cut quite down to the tooth. You must not mind his screaming. Have you commenced feeding him yet ?

MOTHER. Yes, I give him conjee made of arrowroot, once or twice a day, but he does not seem to like it.

DOCTOR. You had better desist from feeding him at present, and keep him entirely nursed by the Amah. A change of diet added to the irritation of teething, would increase the looseness of the bowels. I may here remark to you that I called on Mrs. —, this morning, and was surprised to find that her little boy, who is of the same age as yours, has cut his two front teeth without any difficulty ; she accidentally discovered the circumstance by the spoon (while feeding the child) striking against the teeth ; and there they are, like two ivory pegs peeping above the gum. You know Mrs. — I believe, her little girl has been suffering two days from fever, but since the front teeth have made their appearance, this has gone off. I merely mention these instances to show you, that different children cut their teeth with various symptoms, all proceeding from the same cause.

*Second Visit.*

DOCTOR. How is your little boy to-day ?

MOTHER. He seems better ; he was much relieved after the gums were lanced ; they bled a good deal. I

gave the medicine as you told me, and it has operated copiously.

DOCTOR. I should like to see of what nature the motions are ?

MOTHER. I believe the Ayah has washed the napkins, but I can describe them to you ; the first two were watery, and relaxed like yesterday, the latter were more copious and bilious, but the last one of all was greenish.

DOCTOR. I wish you always to keep the napkins for my inspection, I can better judge in this way than by description ; you had better repeat the powder to-morrow evening, and I will call the following morning, I perceive the child is very pale but he does not appear so cross, you must be careful not to expose him to cold ; never leave off the flannel next his skin ; don't let him sit on the damp floor or run about without shoes and stockings ; and if he manifests much dislike to being bathed, I would advise his being merely washed. Give him a biscuit, or a piece of bread in his hand, he will put it into his mouth and thus assist in cutting his teeth. If you will take a spoon at any time, and run it along the gums, you will soon find whether the teeth have come through by the feel, and the sound.

### *Third Visit.*

MOTHER. The teeth I think are through. The looseness is still on baby though not so bad, I gave him the powder last night.

DOCTOR. I am glad to hear the teeth have appeared. I do not wish to check the looseness provided it does not go too far ; when it is only moderate, it lessens the irritation by diminishing the fulness of the system, and keeps

it in that state which prevents fever. If children are too strong and lusty, they are disposed to attacks of fever and perhaps convulsions, but on the other hand debility must not be brought on, else the energies of the constitution fail, and the child will die.

MOTHER. Am I to give baby any more medicine? the motions appear to be much of the same character, and he does not suffer pain.

DOCTOR. I perceive the bowels are still relaxed, and of a greenish colour, you had better give him one of these powders \* twice a day to correct it. In a short time he will be pretty well again, and will most likely remain so till he cuts his next teeth. Be careful to observe the directions I gave you. You had better look well after him yourself, for these ayahs and servants are very careless, and inattentive.

MOTHER. When may he be fed again?

DOCTOR. You must wait some time, and as soon as his bowels get into good order, you may commence again with plain sago, arrowroot, tapioca, and salop misree, unmixed, with milk, and only a little sugar, are the best kinds of food.

MOTHER. I suppose baby may go out for his usual walks.

DOCTOR. Yes, only be careful that he does not catch cold, if he does the complaint will turn into dysentery. It will be a great protection if he wears a piece of flannel, or

\* Mercury and chalk grains three; compound chalk powder grains three; powdered calumba root grain one and a half; magnesia grains three; make into a powder.

a flannel bandage over the bowels. There is one thing I wish to caution you against, and that is when children are cross and fretful, and will not sleep, ayas are in the habit of secretly giving them opium to make them repose, this is done very frequently, and is productive of very bad consequences : as long as they are undiscovered they continue the practice, till at last the child's constitution is undermined. I believe many children die from this cause ; while the parent and the doctor are alike incapable of assigning any satisfactory reason upon the subject, being ignorant of this fact. I mention this now, as I perceive your child is just in that restless peevish condition, when this drug is given. These people do not like being disturbed, and they always give this if they can.

MOTHER. Thank you Doctor, I will always look after baby myself at night.

## CHAPTER XXIII.

## SIMPLE FEVER.

MOTHER. Doctor my little boy has been feverish all night; his skin is burning; his eyes are heavy, and half closed; he is peevish, irritable, and almost unmanageable, he wishes first to go to one, and then another, but is pleased with nobody, he is very thirsty and drinks a great deal of toast and water; he has cut his two upper front teeth very nicely. I am afraid he has caught cold.

DOCTOR. Let me feel his pulse, and see his mouth. He certainly is very feverish, and ill; his pulse is full and rapid; I think he is about cutting his other two lower front teeth; his tongue is white; can you tell me how his bowels are?

MOTHER. They are very irregular, he had that looseness for some time, but I found the powders, you directed me to give, did him a great deal of good, and I was in hopes he was doing very nicely till this nasty fever came on; he is just ten months to-morrow.

DOCTOR. The same cause is in operation, viz. the teeth. They do not appear sufficiently near the surface to lance. Fever and severe pain in the mouth may frequently fore-run their appearance eighteen or twenty five days. keep him cool, and give him first an emetic of a tea-spoonful of Ipecacuanha wine every ten minutes till it operates by

vomiting; and next \* these powders every four hours; and early to-morrow morning a dose of castor oil, or magnesia and rhubarb; let him only have toast and water, and the breast. In fact he will take nothing else, and here is the great advantage of nursing.

*Second Visit.*

MOTHER. Baby does not appear much better; he has passed a restless night, and vomited two or three times; his mouth feels dry, and he has been very hot all night.

DOCTOR. He is still feverish; how many times have his bowels been moved? His pulse I observe is 120.

MOTHER. Only twice, he took the oil, and threw it up almost immediately afterwards; the motions were thin, and there is a little green mixed with them.

DOCTOR. Have you observed any perspiration on him?

MOTHER. No, he has been hot as you now see him ever since, his skin has been dry and burning, accompanied with great thirst, restlessness, and flushed cheeks.

DOCTOR. Does he appear to have any pain about the head or bowels? his tongue I see is coated with a white fur.

MOTHER. I have not observed that he suffers pain in any particular part of the body: he appears tired, and wearied if kept in one position any length of time; he is weak, and always wishing to change about.

DOCTOR. Yes, he must suffer aches and pains all over him; fever generally produces that sensation, as if the body had been fatigued by a very hard day's work, or

\* Colomel grains two; James' powder grains two; rhubarb grain one and a half; sugar grains two; make into a powder.



beaten with a stick, and is attended with severe pains in the back, and limbs.

MOTHER. What must I give baby?

DOCTOR. You must first of all get his bowels well opened. Give him one of the powders I ordered yesterday, with two tea spoonfuls of this mixture\* every two hours until the bowels are freely moved. You had better put him into a warm bath; and endeavour to bring out a perspiration. As soon as this can be accomplished the fever will leave him. As it now continues, you had better let me lance his gums very freely, and perhaps the bleeding from it may assist in doing him good.

MOTHER. Certainly; the last time you lanced his gums, he got great relief.

DOCTOR. I do not imagine the teeth are very near, and perhaps therefore, the benefit may not be so conspicuous on this occasion as on the former. Should the heat of skin continue steady as it now is, for two or three hours after he has had the warm bath, you had better wash him all over with vinegar and water. This will be grateful. But you must not do this, if you perceive the slightest indication of perspiration coming out; keep him very cool, and allow a free current of air to pass through the room. Let him have nothing on but a night gown.

### *Third Visit.*

MOTHER. Baby has still a little fever on him, though I am in hopes it is less than it was. The hands and feet

\* Compound senna mixture one and a half ounce; salts one and a half dram; tincture of ginger one dram; make into a mixture.

are hot and dry, but the body does not feel so much so as formerly. I gave the physic as you directed, and it operated freely six times. The motions were very dark and greenish, but not mixed with slime and blood.

DOCTOR. I think he is better, he does not appear disposed to sit up; but doubtless he feels weak; his eyes are not so heavy, and he takes more notice; his tongue appears to be still white; but it is becoming clean at the edges. What effect had the warm bath?

MOTHER. It relieved him considerably, for after he was taken out, he went to sleep. I did not observe any perspiration, so I washed his hands and feet with vinegar and water.

DOCTOR. You had better give him some other powders\* every three or four hours, he has lost the flush on the cheeks, and he now appears pale and sunk about the eyes. As soon as the fever goes off entirely, I generally like to give very small doses of quinine in this way; for a child ten months old, a quarter of a grain mixed with sugar should be given five or six times in the course of the day; increasing the dose according to the age. In administering this medicine, it is of much importance strictly to observe whether the fever has entirely left, and the bowels are regular. I rely upon your doing this.

## REMARKS.

It is unnecessary to continue the dialogue longer. It must be self-evident that in all important cases of this kind, a medical man ought instantly to be consulted.

\* James' powder grain one; colomel grain one and a half; sugar grains two; mix and make into a powder.

No mother would feel disposed to continue prescribing for her child in a case like this. My principal intention is to give the mother such directions, as may enable her, in all ordinary cases, to act for herself; and to point out to her, how to distinguish one complaint from another. What I have now described comes under the head of "simple fever," that is when the fever does not depend upon inflammation of any of the important organs, as the stomach, head, chest, &c. Pure simple fevers of this character, do sometimes (although not often) terminate fatally. If met with active measures at first, and if proper means are adopted to prevent determination to the head, chest, &c., I have seen them end favorably. They last generally one, two, four, or even ten days, and go off without leaving any bad symptoms, but great weakness. As soon as the fever goes off, great care is necessary in preventing the child from catching cold, and bringing on a relapse.

## CHAPTER XXIV.

## DYSENTERY.

One of the forms, which irritation produces in cutting the teeth, is dysentery, at once a painful and dangerous complaint. Happily, it is not a frequent form. It occasionally arises from neglected looseness of the bowels, which may have existed for a long time, from giving improper food, or from not taking sufficient care of the child in the rainy season. If the child's feet get wet, or if it is allowed to sit on the cold wet ground while suffering from diarrhea, that disease is very likely to turn into dysentery.

In this complaint there is always inflammation of the mucous membrane of the large bowels, attended with fever and frequent stools of slime and blood; these facts especially distinguish it from diarrhea. It requires active and energetic treatment immediately it shews itself. In fact, medical aid should be called for without delay. I will now relate the form which I have generally seen it assume.

*First Visit.*

MOTHER. My little boy has been taken very ill in the night, with a violent purging, attended with severe fever. He has also been very sick, and has vomited several times. His motions have been frequent, and at-

tended with severe griping pains and much straining : they are also very offensive.

DOCTOR. Of what nature are they ?

MOTHER. First some hard lumps came away, mixed with a good deal of slime, streaked with a few drops of blood. He appears to strain very much, when his bowels are opened.

DOCTOR. I should like to feel his belly. Yes, I perceive he cannot bear the pressure of the hand ; it almost makes him scream. He appears to suffer a great deal of pain, especially after each motion ; besides which he has considerable fever. How long have you observed these symptoms ?

MOTHER. He has not been well for some time past. He has had no appetite ; has been very fretful and peevish, would not sleep at night, while, at the same time, his bowels have been relaxed. But the illness and fever, as you now see it, only came on last night. I tried to give him some castor oil, but nothing would keep on his stomach.

DOCTOR. How old is he ? and what number of teeth are through ?

MOTHER. He is just nineteen months old. He has twelve teeth, eight front and four double ones ; and he appears now to be cutting his upper and under eye-teeth, for the gums are very much swollen.

DOCTOR. That is most likely to be the cause of this dysenteric attack. These teeth are always the most difficult to cut ; and it is generally the case, that some severe indisposition or another comes on while they are making their way through.

MOTHER. I have heard so before, and therefore I feel the more alarmed.

DOCTOR. We must lose no time in having his gums lanced. This must be done directly ; next put six leeches on the bowels about half way below the navel, and afterwards apply hot fomentation over the same spot, taking great care that faintness is not induced : give him one of these powders\* directly, repeat them every three hours, and (when the stomach is less irritable, and able to bear it) two tea spoonfuls of castor oil, mixed with three drops of laudanum. You should also put him into a warm bath. If he continues very sick, you had better rub the pit of his stomach with oil and laudanum.

*Second Visit.*

MOTHER. My little boy is very ill. The fever is very high. The purging still continues, with great pain and straining, when he has a motion. The stools are not at all natural : they appear to be nothing but slime of various colours, green, brown, and white ; they are frequent and always mixed with more or less blood ; they are not so offensive, however : his face is flushed, and he becomes somewhat excited. In the morning he seems better, and makes attempts to play as usual, but soon fails owing to the sickness and weakness.

DOCTOR. The nature of the evacuations indicate extensive inflammation of the lower or large bowels ; and it is owing to this acrid matter passing over this inflamed surface, that the pain and straining are produced. Do

Colomel, grains four ; Powdered Ipecacuanha, half a grain ; Opium, one-sixth of a grain.



you observe that the symptoms become worse in the latter part of the day?

MOTHER. Yes. The fever comes on with increased violence in the afternoon, when he lays himself down quite overcome, with his cheeks flushed and his eyes heavy. Towards morning it becomes lighter, but does not entirely go off.

DOCTOR. Did you follow my directions?

MOTHER. Yes. He kept the two first powders down, but was sick afterwards. I then waited a couple of hours, and gave him the castor oil, which he has retained. At first a little bilious matter came away, but ever since, the motions have been as you now see them, and as I before described.

DOCTOR. You had better put on six more leeches as you did yesterday, and follow this with hot fomentations; and as the child is much exhausted by the repeated calls to open his bowels, it will be necessary to observe the effects of the bleeding. If he becomes faint and cold, with a clammy perspiration on the skin, you must stop the bleeding by applying lint, or the nap plucked from a hat on the leech bites: if, however, he does not seem much reduced, and he is no better, repeat the leeches in the evening, closely watching their effects.

MOTHER. Am I to continue the powders?

DOCTOR. I will alter them a little: give one of these \* every three or four hours, with as much rice conjee, and arrowroot, or sago, or salop misre conjee, as he likes

\* Blue Pill rubbed into a powder, grains three; Ipecacuanha Powder, grain one; Powdered Opium, one-sixth of a grain; mix and make into a powder.



to drink. Rub his stomach and bowels with laudanum and oil; also put him into a warm bath as before, and to-morrow morning repeat the oil.

MOTHER. I forgot to mention, that the purging and straining are so violent, that the parts come down. What am I to do?

DOCTOR. Wash them very clean, and (with a piece of clean rag moistened with sweet oil) gently return them; also keep them in for some time. I dare say it must be very painful and red, for inflammation exists in it. You should also get a soft opium pill, about four grains, and introduce it up the parts. If possible, keep it there for several hours: repeat this as often as it comes out. Injections of rice congee, oil and opium, are also useful. You had better apply four leeches round the bottom; and I would also strongly recommend your applying a blister over the tender part of the bowels.

### *Third Visit.*

DOCTOR. Is your child better to-day?

MOTHER. He is very bad; the purging and fever are as bad as ever, generally the stools are of the same character: but sometimes there is passed only an acrid watery fluid, like the washings of meat, and of a very disagreeable smell. He appears extremely weak and exhausted.

DOCTOR. He does indeed appear very ill, and I fear the inflammation will run on into mortification; and if so, he cannot recover.

MOTHER. I observed that when the bowel comes down, it looks very red and angry, as if much inflamed.

## REMARKS.

A mother will be sufficiently alarmed when the disease arrives at this crisis, not to depend upon books. I have conducted the history of the disease onwards to its worst forms, and it may be observed that such a series of bad symptoms running on in spite of the powerful remedies which have been applied, portends an unfavorable termination. When the disease is mild, and yields to active remedies, the favorable change will soon manifest itself, by the symptoms becoming less urgent, and especially by the fever going off. The fever continuing obstinate and high, is a sure sign of very great internal inflammation; for it must be observed, that in this disease the fever originates and depends entirely upon inflammation. The straining becoming less, while the bowels are being opened, is another favorable sign; as also the longer duration of the interval between each time of their being opened. Excepting the disease sets in with great violence, it will yield to active remedies if used the instant it shews itself. But even where it is overcome, great care in the future management of the child is necessary. It will be most likely observed, that when the disease has declined, the eye teeth will have made their appearance. The diet should be simple and unvarying, such as arrow-root, soojee, and sago puddings, biscuit, bread, &c. : if the child be still fed at the breast, so much the better. No animal food ought to be given for some time; asses milk is also very excellent. The clothing ought not to be too hot, but regular: and a large flannel frock reaching from the neck to the legs should be

worn next to the skin. The child should never be indulged in sweet cakes, jams, or jellies, savoury meats, wine, or beer. The meals should be regular, simple, and very little altered each day : guarding the child also against cold, especially when bathing him, is necessary ; and I would recommend that for some time after he recovers he should be taken entirely under the mother's care, not trusting the native servants to do any thing for him, except in her presence ; and that she should take him out for a ride with her, in preference to sending him out with the ayah or servant. His bowels should be watched, and if out of order, a few grains of manna and magnesia mixed with " Dalby" should be given.

## CHAPTER XXV.

## INWARD FITS.

Before I proceed to exhibit before the reader those alarming affections of the brain, such as “water in the head,” and “convulsions,” I will direct the mother’s attention to what is frequent in children, viz. inward fits. These proceed from the same source as convulsions, viz. irritation of the brain; though, generally speaking, they exist in so mild a form, as seldom to attract much notice.

During the first month or two, when the child is slumbering, it is slightly twitched, the eye-lids are not quite closed and twinkle, the eyes appear underneath turned up, there is a slight twitching of the muscles of the face, while those of the mouth draw it up into a smile; there is also the appearance of a laugh. If you now attempt to take the child up, you will observe, on applying the hands to do so, that it will give a start. Perhaps it then makes an effort, and passes some wind. Old nurses will tell you the child is holding converse with angels, but of the truth of this observation, I can bear no testimony. This I can affirm, that the child appears very beautiful and interesting.

These symptoms may arise alike from irritation of the brain, as from wind in the stomach and bowels. It will be necessary that the child’s head should be kept

very cool, and the feet warm, that the bowels should be kept free; and as soon as these symptoms occur, it will be necessary to take up the child, tap it gently on the back, and rub its stomach and bowels. I refer the reader to the chapter on wind.

## CHAPTER XXVI.

## CONVULSIONS.

During the time children are cutting their teeth, they are sometimes attacked with convulsions. These are brought on by irritation of the brain as well as inflammation; for in that form of disease called water in the head, convulsions are not unfrequent. But there are other sources of this disease. Worms in the bowels will produce it; and to an inexperienced eye, (such is the sympathy of the brain, with the irritation going on in the bowels,) the convulsions may easily be mistaken, and supposed to arise from some affection of the head. Wind locked up in the bowels may produce convulsions; and indeed not an uncommon cause is excess of flatulent substances in the bowels. Where the cause is dentition, convulsions come on in the midst of an attack of fever, which I will describe hereafter. This disease is always dangerous: sometimes a single fit will destroy life, but it is more usual to suffer several attacks. If these return in rapid succession, the prospect of recovery is unfavorable; but when the intervals are great, we may indulge more hope. As it regards the treatment of this complaint, it varies according to the exciting cause. If arising from water in the head, it must be treated accordingly (vide that

disease); if from teething, see as follows; if from worms, their speedy and entire removal is indispensable; if from wind, it should be got rid of directly; and if from acrid substances in the bowels, they should be removed by an emetic and purgatives: but in all cases where medical aid is within reach, it ought instantly to be had recourse to, the disease being of such a fatal character.

*First Visit.*

MOTHER. O! Doctor, I am so alarmed about my little boy. He has just had a fit; he was attacked suddenly: was insensible, and appeared in spasms, with his hands clenched; his features were distorted, and his eyes fixed. He quite frightened me.

DOCTOR. What you have described are convulsions. Has he recently had an attack of fever? or can you tell me whether any of his teeth are coming through?

MOTHER. He has had a little fever to-day. I think he is cutting his double-teeth.

DOCTOR. Did the colour of his face become altered?

MOTHER. Yes; it became much darker, and assumed something of the colour of ashes. I put him into a hot bath directly; and have sent for you.

DOCTOR. You did quite right, for it always has a tendency to equalize the circulation. I see the fit has gone off; you had better give him directly two tea spoonfuls of Ipecacuanha Wine every ten minutes, till it operates by vomiting. In the mean time I will send for the leech-man, and when he comes let him apply four leeches directly to the head; next you must give him a powder,\* followed an hour after by a dose of castor oil.

Calomel, grains three; Jalap, grains three; make a powder.



I will lance his gums, and you must apply a cold lotion to the head constantly. (Vide chapter on water in the head.)

*Second Visit.*

MOTHER. My little boy has had no return of the fit since the morning. He has taken the medicine.

DOCTOR. How did it operate? Let me see the motions.

MOTHER. Six times: the motions are knotty, green, and mixed with mucons. I really did not think baby could have had fits, for he has looked so well of late; his eyes have looked bright and clear: his countenance exhibited more than ordinary intelligence; and he has been so lively, and very interesting. I was only saying a few days ago, how delighted I felt at seeing him so well.

DOCTOR. All the particulars which you have enumerated are exactly in accordance with the disease. These very pleasing traits in the child's behaviour, are indications of that irritation of the brain which I recently had occasion to treat of; and children of great excitability should be watched, and attended to.

MOTHER. Do convulsions always proceed from this cause?

DOCTOR. No. I have had occasion lately to see a case of convulsions, and on making inquiry, I found the child had been eating four kinds of fruit—plantain, pomelo, oranges, and gwava, besides sweet cakes and other things. Such an accumulation of indigestible substances the stomach was unable to digest; convulsions came on, which alarmed the mother very much. I gave the child a pow-

erful emetic ; and he threw up a quantity of crude indigestible stuff.

But to return to your child. Be sure you keep his head cool, his body and extremities warm. I shall lance his gums almost daily, till there is some appearance of the teeth. You must give him only arrow-root and sago con-jee, besides the amah's milk : indeed, if she has sufficient, I would feed the child on nothing else.

## CHAPTER XXVII.

## WATER IN THE HEAD.

LADY. There is a poor European woman, the wife of a soldier, who is much distressed on account of her child being very ill. I have told her she may bring him here and occupy the vacant room in our bungalow : her mother was servant in our family in England nearly twenty-two years, so that I am interested about her, and I feel assured you will oblige me by attending her child.

DOCTOR. Certainly ; I will see her at once.

Well Mrs. D., I am sorry to hear your child is so ill. What is the matter, and how old is he ?

MOTHER. The child is fourteen months old. The complaint has been coming on, I think, for some time, for he has been very listless, sleepy, and dull ; his bowels have been very costive. He has had fever, as you now see him, for the last two days : he lays in my arms very quiet, dislikes being moved, and takes no notice of any thing. His temples and neck throb violently, and he is very sick.

DOCTOR. Does he suffer any pain in the head, or does he dislike the light ?

MOTHER. He appears to have a good deal of pain, for he keeps putting up his hands to his head, and sometimes screams out ; and, if I turn towards the window or door with him, he manifests great uneasiness, and

turns his head away : he also vomits a great deal, throwing up every thing he swallows. His bowels have not been opened for three days.

DOCTOR. If, when he is laying in bed, you attempt to raise up his head, does he dislike it ?

MOTHER. Yes : I have observed that very particularly : he will almost scream when I attempt to take him up ; and when I do so, he likes to lay his head on my arm directly.

DOCTOR. He appears to have a great deal of fever, with a quick, sharp pulse : the pupils of the eyes look closed, and he does not like my opening the eye lids. Does he always lay in that stupid, motionless state ?

MOTHER. Yes, for the most part he does. Sometimes he crys out as if in considerable pain, and occasionally manifests a desire for drink. At all other periods he lays in the state you now see him. His tongue is parched and dry you see, and his face flushed.

DOCTOR. What you have now described, are symptoms of inflammation in the brain, from which water in the head is always produced. This is a very dangerous complaint, and you must not be surprised if it terminates unfavourable.

You must immediately have ten leeches applied to the head, five on each side ; next give this powder\* directly, and three hours after, two tea spoonfuls of this mixture,† repeating it every two hours till the bowels are very freely acted upon ; at the same time you must keep a cold

\* Calomel, grains four ; Rhubarb, grains five ; make a powder.

† Compound Senna Mixture, two ounces ; Salts, two drams ; Tincture of Ginger, one dram ; make into a mixture.

evaporating \* lotion constantly applied to the head. Fold a piece of rag the size of the head, three or four times double, wet it with the lotion, and so apply it: never let it get dry on the head. Over this have a small hand pun-ka constantly fanning his head; keep the child very quiet, and shut out all the light from the room: but allow a free circulation of air. Be sure, and do not let the room get hot. How many teeth has he through?

MOTHER. I counted ten a few days ago.

*Second Visit.*

DOCTOR. How is your little boy to-day?

MOTHER. Very ill, Doctor. The fever runs very high. He took the powder; but when he took the mixture it made him very sick. He repeated it twice before it would keep down. His bowels have only been moved three times. The leeches bled very freely.

DOCTOR. He does not seem better: he lays in the same heavy, dull state; his eyes appear dull and glassy, and partly turned upwards; he also squints: his pulse is rapid and hard. You must repeat the leeches; but apply them this time to the instep of his feet. You had better also shave his head, and keep the cold lotion constantly applied. Keep his feet warm. Give him one of these powders † every four hours throughout the day.

MOTHER. What am I to give him to eat?

DOCTOR. He must have only conjee, toast and water,

\* Spirit of Wine, four ounces; Vinegar, three ounces; Saltpetre, one ounce; Water, one and a half pint; mix into an evaporating lotion.

† Calomel, grains five; James' Powder, grain one and a half; Jalap, grains three; mix and make a powder.

&c. You will find he will take no nourishment: he doubtless suffers much nausea and sickness; but it is the nature of the complaint to stupify and prevent all the ordinary exercise of the functions of the brain.

*Third Visit.*

MOTHER. I think the fever is less to-day, but his countenance appears much distressed, and he has had a convulsive fit: there is more of that stupor to-day, with squinting, and rolling of the eyes upwards. He has not moved from that position for a long time, except when he passes a motion, when he appears to strain and moan.

DOCTOR. The fit coming on is a bad sign, for most likely he will have several. Let me see the motions. They are of a black and green colour, I perceive. The pulse is slower. I see he grinds his teeth: his extremities are cool, but his head very hot.

Do you think he knows you?

MOTHER. No, he does not seem to know any one. When I put a spoon to his mouth, he takes the liquid.

DOCTOR. The only chance I see for the child, is, to get him under the influence of mercury, if possible: give him three grains of calomel every three hours, and rub in on each thigh one dram of mercurial ointment. It will be advisable to apply a blister all over his head. The best plan of applying a blister is to rub on the part the blistering fluid, and if worse towards the evening, put his feet into mustard poultices for half an hour, or until they become painful.

## REMARKS.

This complaint in India generally proves fatal in nearly the proportion of six deaths to one recovery, occupying about ten or twelve days to run its course. Recoveries are rare; and (considering the evil results of this disease) I am not prepared to mourn over the fatal issue of these cases, as in others. Where recovery does take place, the mental powers are more or less oppressed by it. I have seen instances where epileptic fits have been induced, and have lasted throughout a protracted and miserable existence; others where chronic enlargement of the head has resulted, and the patient has been a burden to himself and friends. In many others some of the various faculties of the mind have been annihilated, such as memory, and the power of judging; and instances are not wanting where idiocy has followed. When we review this frightful catalogue, what parent can grieve that her infant has safely passed through the portals of eternity, and escaped the accumulated ills of his life?

This complaint sometimes is attended with convulsions; and when it is, it generally terminates sooner in death, than when unattended with them. All affections of the brain, as “water in the head,” “convulsions,” &c., are more dangerous in their attacks, than any other disease to which childhood is subject.

Disease of the bowels, and mesenteric glands, will appear to the anxious gaze of the mother more alarming; the child apparently suffers more, and it may be more reduced in strength, but children make astonishing recoveries: while, on the other hand, with far less of the



wasting influence of disease, these affections of the head and brain terminate rapidly in death. It is necessary to point this out to mothers; for, according to their opinion, the doctor is praised to the highest degree for his extraordinary skill in recovering a child at death's door, of dysentery, looseness, &c.; while another medical man is blamed for his stupidity and want of knowledge, because Mrs. So and so's child died after only a few days illness, not at all reduced.

But it is a matter of no small difficulty to impress upon the mother, who is smarting under the loss of her child, this important fact. Prejudice and dislike are leagued together, and produce the most invincible barrier to the progress of truth; and "she wont be convinced."

## CHAPTER XXVIII.

## MARASMUS.

This disease is mostly situated in the bowels, known principally by a general wasting and emaciation; the belly becomes enormously large and hard, with an unpleasant appearance. The seat of this disease is supposed to be in the mesenteric glands, which are those situated in the cellular structure, tying the bowels to the spine. When a child is affected by this complaint, it generally indicates a scrofulous tendency in the constitution, and is a difficult thing to cure. It generally attacks children from fourteen months to two years old; and I have no doubt the irritation of teething is, in most instances, the exciting cause, although it is not unfrequently brought on by worms. At any rate, the emaciation induced by an accumulation of these animals in the canal, resembles marasmus very closely.

There is a great difference in the nature of this disease from the mere wasting of a child, owing to its having a bad nurse, where either the mother's or nurse's milk disagrees, or does not nourish the infant properly. In this case the child is emaciated and thin from want of nourishment, with no prominent marks of disease of the bowels; and has none of those symptoms which will be hereafter mentioned.

In this disease the parent sees the child become thinner and thinner daily, and is quite at a loss what to attribute it to; nor is this surprising, considering there are no very evident external marks to judge by at first.

The liver almost always suffers; and, in fact, the whole system is so much out of order, that more or less all the viscerae are implicated. This accounts why we frequently see the patient troubled with a cough, the head affected, &c., added to the other symptoms.

The disease being fairly established, the prominent appearances are general emaciation; the skin hanging loose on the bones, the cheeks, back, and other bones sticking out; the face wrinkled, with deep lines, like an old man; features sharp and harsh, with great irritability of temper. The belly is enormously swollen and hard; and the writhing of the child shows, that it suffers considerable pain in it: the bowels are lax, with all kinds of unnatural stools: the breath is hot and offensive.

*Doctor's Visit.*

MOTHER. My little boy has been long ailing, and I do not know what is the matter with him. He is very cross, and difficult to please: his belly is swollen and hard: he seems to want food, and yet, when put before him, he will not touch it; he is restless at night, and drowsy during the day; but sometimes plays as usual: his mouth appears dry: he has fallen away very much within the last fortnight.

DOCTOR. What state are his bowels in?

MOTHER. O very bad—his motions are not at all natural; sometimes frothy like yeast, then green: occasionally a substance like green black paint comes away.

DOCTOR. Have you observed whether he has any pain in his bowels, especially after a motion?

MOTHER. He has pain, but more like wind. I have not noticed any distress after his bowels have been opened: he writhes and kicks as if in pain in his belly, and is much distressed. You see, Doctor, how loose the skin hangs on his legs and arms, which distresses me very much.

DOCTOR. Yes; I perceive the child is suffering from marasmus. His face is like a man's, all the outlines and wrinkles being so plain.

MOTHER. What shall I do for him?

DOCTOR. We must first of all remove whatever is offensive in the bowels by calomel purgatives, and when the bowels are in better order, strengthen him, and remove him to the sea coast, both for the benefit of change of air, and warm sea bathing. In the first place then, give one of these powders \* twice a day; and on the third morning, a tea-spoonful or two of castor oil: next foment his bowels every day with hot water and flannel, and rub the belly all over with this † liniment, and afterwards apply a flannel bandage all over the bowels.

It will be necessary for you to continue this plan for some time. When the pain comes on in the bowels, you should rub them with the hand covered with a piece of new flannel; and if very distressing, pour on some of the liniment, and rub it in. You must not feed

\* Calomel, grains two; Chalk and Mercury Powder, grains three; Magnesia, grains six; mix into a powder.

† Compound Soap Liniment, three ounces; Powdered Camphor, dram one; Mercurial Ointment, grains fifteen; Tincture of Opium, two drams; mix into a liniment.

the child at all with food, but entirely with the breast ; and if you imagine the present nurse's milk does not agree with him, dismiss her at once, and get another who is healthy and young.

MOTHER. I will follow your advice.

DOCTOR. There is another point I would direct your attention to, and that is, the excitability of the child's temper. He will be very cross and fractious, easily offended, and cry for any trifle. I need not say to you, all this requires to be met with a kind, conciliating temper on your part, and a bearing with his infirmities. Your own feelings will dictate this ; especially as all the exhibitions of temper just now arise from disease. The child must be in the open air as much as possible. Before the sun is up, he should have his walk or ride ; and during the day he should be amused in a swing in some shady, but open place. In the evening he should go out as in the morning.

*Second Visit.*

MOTHER. My poor little boy has been very ill since you were here. He is much more emaciated ; and I find his belly is very hard and swollen. The motions are frequent, watery, slimy and green ; sometimes only a frothy yeast comes away : his skin is loose and wrinkled, and all the bones of the back stick out.

DOCTOR. Do you know whether he becomes a little feverish towards evening ? or perhaps his chest and back may feel hot, while his extremities are cold and chilly.

MOTHER. Yes, I have noticed the last circumstance : he is, however, sometimes lively, and seems to be very

acute to what is passing; while at other times he lays in my lap, and looks in my face begging for relief.

DOCTOR. Let me look at his tongue. O! I see it is covered with a whitish brown fur. Has he any cough?

MOTHER. Yes, I observed a little the day before yesterday for the first time. He appears thirsty, and exhibits a great dislike to the nurse occasionally.

DOCTOR. When his bowels are opened, does he pass much wind?

MOTHER. Yes, a great deal; and it is highly offensive. I observe too, his breath is hot and disagreeable. I am very much distressed at his appearance: every bone seems as if it would burst through his skin, and his little ribs, you see, labour dreadfully. He is very peevish and cross, passes restless nights, and sometimes is in considerable pain in his belly.

DOCTOR. Do you think he is about cutting any teeth now?

MOTHER. Yes, I think his eye, or second double teeth are working their way through the gum.

DOCTOR. I have no doubt the disease is situated in the mesenteric glands, with great functional derangement of the liver, brought on and kept up by the irritation of teething; I will therefore, if you please, lance the gums. You must persist steadily in the plan pointed out before: only I will add to each powder grains three of the compound chalk powder with opium. You must now make preparation to move off to the sea coast: I will, however, see you again before you go, and tell you how to act while there. Go on in the mean time with the

powders as above mentioned ; the castor oil every third morning ; the fomentations and liniment, the bandages, exercise, and diet.

*Third Visit.*

MOTHER. I am in hopes the little boy is better. His appearance is much against him, being so very thin ; but his bowels are improved in appearance, and I don't think his belly is so hard and swollen.

DOCTOR. How frequently have his bowels been moved lately ?

MOTHER. Only three times yesterday, and the same to-day : the motions you perceive are more natural. He is not so cross, and takes his milk better.

DOCTOR. I am glad to hear such a favourable report, although great care and attention is requisite to get him on : he is so very weak and reduced. I suppose you are ready to start for the sea coast ?

MOTHER. Yes ; I hope to move to-morrow. You were so good as to say you would give me instructions how to proceed.

DOCTOR. You had better now discontinue the powders and the castor oil, and endeavour to restore the tone of the bowels. When you get to your journey's end, have a warm or tepid bath of salt water prepared, and put him in it. You had better give him these powders\* twice, or three times a day. Don't be alarmed if, after giving them, you observe the motions become changed, and assume a black ink-like colour, as this medicine will produce this

\* Compound Cinnamon Powder grains three ; Carbonate of Iron grains five ; Powdered Colomba Root grain one ; mix into a powder.



effect. It is most likely under this treatment his appetite will pick up. At every opportunity let him be taken on the sea shore, and be as much in the sea breeze as possible. Don't send him ever away from it.

MOTHER. Am I to continue the sea bath?

DOCTOR. By all means; use it at least once a day, rubbing the bowels well while in it. Continue the friction over the bowels, without the liniment: use only the hand covered with flannel, and afterwards apply the flannel bandages. If he is very hungry, you may give him dry bread or toast, or a little plain simple jelly; but I prefer his taking only the breast. I would also continue the use of the swing as heretofore.



## PART FOURTH.

### DIRECTIONS ON MISCELLANEOUS SUBJECTS, BEING DISEASES GENERALLY OCCURRING AFTER TEETHING, &c. &c. &c.

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#### CHAPTER XXIX.

##### INFLAMMATION OF THE LUNGS.

This is not a frequent complaint in India . It is most painful at all times, but I think more so in children ; for they do not know how, by patient submission, to palliate their sufferings. In England it is one of the horrors of its cold bleak winds ; but an Indian climate is not very likely to induce the disease.

The season in which it generally makes its attacks, is in the cold weather—about the months of December and January. When a family is settled, I have rarely met with it ; but where from circumstances they are obliged to travel, it sometimes occurs that the child catches cold, which settling on the lungs induces inflammation. In preforming these journeys, infants ought to be protected from the bleak morning air as much as possible. The complaint is known by fever, distressing cough, difficulty of breathing, with sometimes a rattling sound heard in respiration. The child refuses to be put into the recumbent

position ; and when it is, evident suffering is brought on. The infant cries a good deal, which bringing on a dry, short cough, severe pain in the chest is induced. Sleeplessness, and a painful acuteness to every passing event, mark this complaint.

*First Visit.*

MOTHER. I have just arrived at this place, and I find baby has caught cold upon the road. I am afraid he has fever with it ; he has a nasty cough, which distresses him, and seems to catch his breath : his breathing is also, as you see it, hurried and quick.

DOCTOR. Has he been poorly long ?

MOTHER. Yes, he has had a bad cold for three or four days, but I thought it would soon get better.

DOCTOR. Does he appear distressed in his breathing when you lay him down on his back ?

MOTHER. Very much so, and insists upon being carried about. He only seems easy when in the erect posture. He will not sleep : he appears tired and wishful to do so, but his cough prevents him.

DOCTOR. I fear he has inflammation of the lungs ; we must therefore apply two leeches to his chest at once, and encourage their bleeding by hot fomentations afterwards. We must get his bowels freely moved without delay : for this purpose give him one of these \* powders directly, and the other two hours after ; then in the space of another two hours give him either a dose of castor oil, or compound senna mixture, commonly called black draught.

\* Take of James' Powder grain one ; Rhubarb grains three ; Jalap grains two ; mix into a powder.

When you have done this he will feel relieved ; and I will look in again early to-morrow morning. Perhaps the powders may make him sick, but never mind it ; I wish him to feel nausea of the stomach. His diet should be nothing but the breast, and toast and water ; the less of the former the better. The room should not be kept hot, but of an equable temperature, out of which you should not let him go till much better. His clothing should be in flannel, and take care no draught of wind blows on him.

*Second Visit.*

MOTHER. My poor boy is very ill : the fever seems very high ; the difficulty of breathing greater ; the cough more troublesome. He appears in much pain : he will not go out of our arms, and wishes to be gently carried about.

DOCTOR. He seems very poorly. Did the medicine make him sick ? and have his bowels been opened ?

MOTHER. He did not vomit, but he seemed much distressed after taking it : his bowels are well open and healthy.

DOCTOR. Can you persuade him to open his mouth, and let me look at his tongue. That is right ; I see it is very white, and his pulse is going on very quick, 140 in a minute.

MOTHER. What shall I do for him ?

DOCTOR. You must immediately apply four more leeches to the chest, and encourage the bleeding, watching that it does not reduce him too much. If he gets faint and exhausted, put on some lint and stop it.

Next give him a tea spoonful of this mixture \* every hour, till it makes him sick. In the evening, if not better, I will send you some liquor of blistering flies, which rub on the chest for three minutes over about the space of half a crown till it makes a blister : but, to tell you the truth, I have a great objection to blistering infants, their skin being so irritable and tender, it is apt to assume a bad appearance, and turn out a troublesome sore. However, in a case of emergency like this, we must act promptly.

MOTHER. He will not take any food, nor will he take the breast. I am in sad distress to see him thus.

DOCTOR. No, he will not take any as long as the present painful symptoms continue. In fact, he cannot suck ; the effort is too painful : he is, however, much better without it. He will be very thirsty. The best drink he can take is toast and water, or acid drinks of any kind which he may like.

### *Third Visit.*

MOTHER. My little boy is much better. He seemed relieved after the leeches, which bled freely. I did not apply the blister on that account.

DOCTOR. Has he taken the medicine as directed ?

MOTHER. Yes, he took several doses before it made him vomit, when I left it off. I have just began it again. I hope it is right. It certainly has done him good.

DOCTOR. You have done quite right. I see he has lost his fever, and his pulse is only 90. All these are

\* Tartar Emetic grain one; Extract of Conium grains three; Honey of Squills two drachms; Mucilage Water half an ounce; Water Distilled one ounce; mix into a mixture.

favourable signs. Have his bowels been opened to-day?

MOTHER. No.

DOCTOR. Then you had better give him some castor oil, or compound senna mixture directly; afterwards continue the mixture as before ordered, only give it now every two hours. You must not let him go out of this room till the cough is nearly all gone, nor remove the flannel dress. Do not bathe him for some time; only wash his face and hands in warm water. You must watch him very carefully that he does not get a relapse, to which this complaint is very liable if every precaution is not used. You had better have a Burgundy pitch plaster applied over his chest, and keep it on for some weeks.

Also give him two or three times in the twenty-four hours, half a tea spoonful of Paregoric. Should the cough continue troublesome, you may put into his mouth a small piece of Spanish liquorice; it will ease the tickling in his throat.



## CHAPTER XXX.

## CROUP.

Happily this complaint is not common in India. It more peculiarly attacks children in cold and damp climates, and it is at once a most formidable and dangerous complaint, being less under the control of medicine than any other disease.

Its attacks are most common during the night, and it generally appears in children after the sucking time is past ; but this is not always the case. It occurs frequently without any previous warning, and runs its course quickly ; but for the most part it comes on with a hoarseness perceptible on coughing. This may continue stationary for a few days, when from some exciting cause it may be brought onwards in its course ; as for instance, catching cold, or exposure to cold, damp air. In children who are predisposed to croup, care should be taken that when they catch cold they are not exposed ; for cold when aggravated by exposure, is very apt to terminate in this disease. The hoarseness of croup is of a peculiar nature, and indicative of the complaint, being distinct from the ordinary hoarseness of a common cold : it is generally observable on coughing, and is not at first attended with any pain after it. When the hoarseness attend-

ing the cough comes on, it is sonorous, and the cough is short and dry.

The early part of the disease does not exhibit so much suffering as the latter, when the difficulty of breathing comes on, attended with that dreadful train of suffering peculiar to this disease.

Mothers (after once hearing the cough of croup) will have their attention painfully alive to its return; it is therefore unnecessary to occupy much space in impressing upon them, how indispensable it is to guard children by proper clothing from its occurrence. A child with a "croupy cough," should never be sent out too early in the morning, nor be out late in the evening; and in the rainy or cold seasons, (which are the times of the year in India, when children are liable to this disease,) the little invalid should be dressed in a long flannel dress, with a flannel hood on its head.

While washing or dressing, the cold air should be excluded, and care should be taken that no wet clothes are permitted to remain on the child. Worsted socks should always be worn. The diet should be nourishing, and the drink should not be cold: toast and water, milk and water, congee, and such like, are the best.

#### *First Visit.*

MOTHER. I have sent for you Doctor, being frightened about my little boy. He has a bad cough, and a very peculiar hoarse sound after each fit of coughing: it does not appear to affect his voice. He breathes rather quick, he looks very pale, and his feet and hands are cold.

DOCTOR. Has he caught cold, and has he that dis-

charge from the nose which you observe in cold in the head ?

MOTHER. Yes ; for two or three days he has had a cough with a hoarseness, but it did not appear to affect him, for he played about and amused himself as usual.

DOCTOR. It is of the utmost importance that we should lose no time in attacking the disease. It is the croup, which runs its course rapidly, and produces great and severe suffering.

MOTHER. I thought so, which made me send for you. What shall I do ?

DOCTOR. The first thing we should do is, to give the child an emetic of Ipecacuanha Wine every five minutes till it operates freely. If this does not operate, give him two grains of Sulphate of Copper mixed in sugar, which is a most powerful emetic. We must also rub on the throat directly a mixture of half turpentine and half harts-horn ; or, if more convenient, a mixture of vinegar and mustard. It should be rubbed on till redness is produced, and should also be repeated frequently, so as to keep it up, short of blistering the skin ; and besides using this, I would recommend also your taking a couple of dessert spoonfuls of this \* liniment, and rubbing it *well* in for half an hour over the neck, breast, pit of the stomach, and shoulders. It is most powerful when used in this way, and may be repeated in an hour hence. Give him internally a drachm of Syrup of Squills every hour, so as to produce nausea and full expectoration. If it does

\* Rub down half an ounce of powdered opium with five ounces of compound soap liniment ; and mix into a liniment.

not do so, then give half a grain of Sulphate of Copper mixed with sugar.

MOTHER. Do you think the child is in danger, Doctor?

DOCTOR. Yes, very great; but I frequently find that where the remedies act quickly, and a powerful irritation is brought on over the skin of the throat, and kept up there by these applications, that the disease is subdued. How are the child's bowels?

MOTHER. They are pretty well: but I think he wants some medicine.

DOCTOR. Yes, I agree with you. When the emetic has done operating, give him a dose of castor oil. The part affected is the wind-pipe, and such is the peculiar nature of the disease, that a kind of membrane is formed in it, which fills it up and death ensues.

*Second Visit.*

MOTHER. O Doctor, my poor baby suffers very much. His voice when he cries is affected by that hoarseness; the cough is more frequent and distressing, with a deeper ringing sound, like the crowing of the cock; his breathing is difficult and whistling, and he experiences much exhaustion after each fit of coughing. He seems in pain in the upper part of the throat, I think; and he is very restless.

DOCTOR. Does the face become flushed after it, and has he any fever? The pulse I perceive is 145.

MOTHER. Yes, having one cheek perhaps more so than the other. He is feverish; drowsy and heavy, except when roused by this appalling cough.

DOCTOR. The child appears to be very ill, indeed.

The agony of the cough, and difficulty of breathing, seem to make him endeavour to raise himself upright ; and he is altogether very uneasy. Does the cough appear to be convulsive, and dry, as if it would threaten suffocation ?

MOTHER. Yes ; very much so.

DOCTOR. As I consider the disease to be of a spasmodic character, I will now recommend a remedy which has been found exceedingly useful. Has the emetic operated freely ?

MOTHER. Yes ; it made him very sick about an hour ago.

DOCTOR. Give him a tea spoonful of this \* mixture every hour. This prescription has been found very efficacious, and has been known to remove the complaint in ten or twelve hours. If he gets better, and the castor oil does not operate, give him three grains of calomel, and five grains of jalap, as a purgative. You must still rub his throat with the turpentine and harts-horn, and keep up that redness : also continue the use of the opium liniment as before.

MOTHER. Must I put him into a hot bath ?

DOCTOR. No ; it is of very little use. Keep him wrapt up warm in flannel, and, when you can, keep him very quiet and composed : nor should he have any thing to drink but a little conjee, or gum-arabic water.

#### REMARKS.

Some practitioners recommend leeching in this com-

\* Powdered Valerian Root two drachms ; Oxy-mell of Squills one ounce ; Tincture of Opium twenty drops ; Water one ounce ; mix together into a mixture.

plaint, but I have not much confidence in the remedy, except in children of naturally full habit and very stout. The disease is, in my opinion, of a complex character: it is spasmodic and inflammatory combined, rather than simple inflammation; and what I consider of the most importance is, reddening the skin of the throat by stimulating liniments, having the system under the influence of opium by friction as before directed, and keeping up a considerable nausea, with the admission of a powerful anti-spasmodic remedy, such as before mentioned; and lastly, (when the fatal membrane threatens to cut short life by suffocation,) a most powerful emetic should be administered with a view to detach it by vomiting, if possible.

*Third Visit.*

MOTHER. The child is very ill. At the time he coughs he appears to strain very much, and his face becomes quite livid: his breathing is very short, difficult, and painful; he seems feverish.

DOCTOR. How is his pulse? Ah! I perceive it beats frequently and weakly. When all these bad symptoms show themselves, it is most likely the child may be cut off suddenly by suffocation. Does he expectorate?

MOTHER. Yes: after he has strained and coughed a good deal, he coughs up something like a bit of skin or something solid, and then appears quite overcome.

DOCTOR. I am apprehensive the membrane that I spoke of is forming, and filling up the passage in the wind-pipe. It is this that makes the case so hopeless.



You had better administer a powerful emetic directly, which perhaps may detach it from the throat. As the stomach is with difficulty excited to vomiting in this complaint, one of a powerful kind must be given. The best is Sulphate of Copper two grains, mixed with sugar, and repeated in half an hour, if the first does not operate in that time.



## CHAPTER XXXI.

## WORMS.

Worms in children are of ordinary occurrence in this country, and are various in their characters.

- 1st. The round-worm.
- 2d. The long tape-worm.
- 3d. The broad tape-worm.
- 4th. The long thread-worm.

I have generally observed that the first kind is most commonly met with. They accumulate in great numbers, and frequently give rise to very formidable symptoms. They are produced more especially in children, whose diet is crude and bad, and where raw and unripe fruits are eaten. The natives of this country (from the poverty of their living, and the quantity of uncooked vegetables which they eat) are very subject to this kind of worm, which is as frequent in adults as in children. I have known as many as forty-five worms pass from one patient; but have seldom seen any other than the first kind among them.

In appearance this worm is similar to the common round earth-worm, being only more transparent, and tapering off to a fine point at each end.

2d. The tape-worm is a singularly curious object. It is quite white, and resembles bits of white broad tape, of

half an inch or less, jointed together ; and this joint work extends several feet in length ! It possesses a long thin round neck, with a small round head at the one end, while the opposite one continues in the common joint work, as before described.

3d. The long thread-worm is much like thick coarse thread wrapped up into numerous convolutions, terminating in a fine hair-like point.

The presence of worms may generally be suspected when the child becomes thin without any other assignable cause ; a ravenous and variable appetite, bad complexion, fetid breath, starting up in sleep, picking of the nose, heat and itching about the anus, a grinding of the teeth during sleep, and sometimes a swelling may be observed in the upper lip, and the lower part of the nose. In severe cases there may be convulsions, stupor, and fever. However after all, the most infallible proof of their presence is, one or two being either vomited up, or passed off.

Worms always injure the stomach and bowels whenever they are present. The manner in which they do so is various, and the symptoms with which they show themselves are very remarkable ; for the disease is apparently fixed in the distant parts of the body, and persons are led to suppose that other causes are in operation than the real one. For instance, the irritation of worms in the bowels may affect the lungs, and every appearance of consumption may be exhibited, such as cough, and spitting of blood, &c. ; or the brain may be supposed to be suffering, and the most alarming symptoms may break out resem-

bling inflammation of the brain, and water in the head; or the nose may take to bleeding; or there may be obstinate and continued fever, with delirium and stupor. It is necessary to be aware of these important facts, for all the symptoms are merely produced by sympathy; and as soon as the worms are removed, the formidable and threatening aspect changes, all the bad symptoms subside, and the patient soon gets well.

Another effect produced by these animals being lodged in the stomach and bowels is, that they devour and destroy that fluid called Chyle, which is formed out of the nourishment eaten, and which ought to go to make new blood; and the higher the worms are up in the bowels, the more likely is this to take place. It is not exactly known that this is the way in which the worms act, but it appears to me to be the most probable theory of the case. And again, the numbers may be so great (especially of the first kind) that a large belly, looseness of the bowels, and great emaciation may ensue.

I have here enumerated the manner and symptoms by which we are enabled to judge of the child having worms.

But I should remark, that these animals may exist a long time dormant in the bowels before all this becomes evident. The time they create the greatest disturbance is when they are full grown and begin to creep about, most likely in search of some place to deposit their ovæ, or eggs. This accounts for those extraordinary facts (so well known) of worms crawling out of the nose or anus. It is almost impossible to give any satisfactory account as to how they first get into the bowels and stomach. No-

thing else can retain life when once lodged there. The process of digestion so completely breaks every thing down, alters it texture, and reduces it (if not poisonous) to a soft pulpy-mass, from which on its passage along the intestines, nourishment is extracted. How these animals therefore are formed, is very difficult to explain.

I will now proceed to exhibit, in two different views, the effects and evil consequences of these troublesome animals, observing that they should always be got rid of as soon as possible.

## CHAPTER XXXII.

EMACIATION, AND DISEASE OF THE BOWELS FROM WORMS.

MOTHER. My little girl is very thin, and appears suffering from worms. Her appetite is very variable, being sometimes great, and at others indifferent. But she continues thin; her food does not nourish her. She has been ill a long time in this way.

DOCTOR. I perceive that her limbs appear much wasted, the back bone sharp and prominent, while her belly appears much enlarged, swollen, and hard.

In what state are her bowels?

MOTHER. They are very irregular. Sometimes loose and of a dirty colour; and she passes slime and mucus, and some time ago we observed worms folded up in this slime, and passed away.

DOCTOR. Do you know whether she has been in the habit of picking her nose?

MOTHER. Yes, I have observed this; and also that her breath is very offensive. She is sometimes very lively, and would play; but this emaciated state causes great weakness.

DOCTOR. Has she ever fever with these symptoms?

MOTHER. She has not had fever lately. Formerly she had a little, with flushed cheeks, and pale countenance.

DOCTOR. I perceive her skin is dry and harsh, and no moisture on it. There is no doubt it all proceeds from

worms. They are destroying the child, and it is fortunate with all these symptoms that she has not convulsions, or that serious sympathetic affection of the head, which so much resembles water in the head. How old is she ?

MOTHEER. She is three years.

DOCTOR. We must try and get rid of the worms as early as possible. Various means are used, and I believe each medical man has his favourite remedy. The hair of the cowage, spirits of turpentine, Indian pink-root infusion, tin filings, pomegranate-root bark, have all been tried. You had better, if you can procure it, give two drachms of\* Indian pink-root infusion three times a day. As it sometimes acts like opium, the plan is to pour boiling coffee on the pink-root instead of water. This is to be sweetened, a little milk added, and to be drank at breakfast and at tea. Let it be given in this way twice a day for three or four days ; and on the fifth morning give a powder.† The cowage plant is indigenous to India. You may try it. Scrape off the hair from the pods into honey, and when pretty thick of it, give two dessert spoonfuls early every morning, and the last thing at night ; but it is not a nice remedy, for the hair of the cowage sticks in the throat, and produces intolerable itching. Give this for four or five days, and then follow it with the powder ; or, if this remedy is not procurable, give the child half an ounce of Spirits of Turpentine in milk, followed on the third morning with the opening powder before mentioned :

\* Indian Pink-root (*Spigelia*) half an ounce ; Boiling Water one pint : let it stand one hour, and strain it off.

† Calomel grains three ; Compound powder of Scammony grains four ; Rhubarb grains two ; mix into a powder.

or an infusion of the bark of the pomegranate root may be given. Sometimes common salt is given. A new remedy has found its way into practice in England lately. It is called ethereal tincture of male-fern-buds. Pills are made of one drop of this mixed with bread. Eight or ten of these are given twice a day, followed on the fifth day by a purgative.

MOTHER. Can you tell what kind of worms they are without seeing them?

DOCTOR. No. But I imagine that the long tape-worm, from occupying such a great space, and perhaps devouring so much, may create greater emaciation than the others: but this is mere conjecture. Whenever you see a child with a large belly, thin, emaciated limbs, and in the habit of eating raw vegetables, or half ripe and green fruit, and a great appetite, you may conclude pretty correctly that such a child has worms. I mention this that you may be aware of the fact, and meet the case accordingly, either in your own, or any of your poorer neighbour's family.

And in administering medicine you must recollect, that the dose will require to be either increased or diminished according as the child may be older or younger. Before I leave I will relate a case which has been brought under my notice.

Mrs ———, finding her child (about four years old) was feverish and looking dark under the eyes, and knowing she was subject to the tape-worm, gave her four grains of calomel on going to bed. Next morning, on the child's bowels being moved, part of a tape worm pass-



ed out. The lady's ayah got hold of it, and by degrees gradually pulled out nearly four yards, when it broke; but finding the broken end again, she extracted two yards more, making in all six yards. A dose of castor oil was then given, but no more worm passed away. The next day the child was as well as ever, and has not been ill since.

## CHAPTER XXXIII.

FEVER, AND STUPOR FROM WORMS IN THE BOWELS.

*First Visit.*

MOTHER. My little boy is suffering from fever, and a great deal of heaviness and lethargy. He seems drowsy and sleepy. I gave him some calomel and rhubarb last night, and a dose of oil this morning, which has opened his bowels, but done him no good.

DOCTOR. How old is he? Has he been long ill?

MOTHER. Between five and six years of age. About two months ago he passed a worm, but since then I have not seen any more. He has not been what I could call ill, but he evidently has not picked up in flesh as I could have wished.

DOCTOR. I imagine that his present sufferings must proceed from other worms remaining in his bowels, which, if not removed, the stupor to which you referred, will go on increasing, till he gets quite overpowered with it.

Will you open his mouth, and let me see his tongue? Yes, I see it is dry, and covered with a dark fur. The pulse I perceive is small, and wiry in its feel: his skin is also hot and dry. How are his motions?

MOTHER. Oh, extremely offensive, and dark. The last time his bowels were moved, I observed that he did not seem to know when it came away.

DOCTOR. Well, I will now direct you what to do. First we must see if there are any worms in the stomach. Give him this \* emetic powder, and if it does not produce retching in five minutes, repeat another one. When this has done operating, give him, if procurable, some Indian pink-root, or worm grass-root tea. †

Then give a dessert spoonful three times a-day, till you perceive some worms pass away; and very early to-morrow morning an opening powder. ‡ If you cannot procure the worm grass-root, give half an ounce of Spirits of Turpentine floating on a little milk. I hope in my next visit to learn that several worms have made their appearance; for when they do pass away, all the urgent symptoms will leave him.

MOTHER. Do you consider worms dangerous?

DOCTOR. The symptoms such as your little boy suffers from are very formidable. You see he lies in that sleepy, stupid state, with his eyes heavy, and the pupil dilated: he takes no notice of any thing, as if the brain were oppressed. Judging from what is now before us, the child

\* Ipecacuanha Powder grains six; Tarter Emetic one-sixth of a grain; mix into a powder.

† Dr. Corbyn gives the following receipt for making the worm mixture, and strongly recommends it as a valuable remedy in cases of tape-worm.

"Take eight ounces of the fresh bark of the root of the pomegranate tree, and boil it in three pints of water till it is reduced to one pint. Of this take a wine-glassful, (for an adult,) and repeat the quantity at longer or shorter intervals, as the sickness and faintness, which it generally occasions, will allow, until the whole is taken."

‡ Compound Scammony Powder grains five; Calomel grains five; Powder of Gum-Arabic grains five; mix into a powder.

would appear in evident danger ; but in all these cases, where the head suffers from sympathy with the irritation of the bowels, it is only necessary to remove the cause, viz. to expel the worms, and the dangerous symptoms will then all subside, and the patient will soon recover. We may therefore decide favourably.

*Second Visit.*

MOTHER. My little boy is better. He was very sick from the emetic, and threw up a quantity of bile : there came up also a round worm about three inches long. I gave the other medicine, and this morning early the powder, and since then he has passed four more of the same kind.

DOCTOR. I fully expected what you now tell me. He will improve rapidly, unless more remain. The fever is less, and he seems more lively. If you have the worm-grass-root, you had better give him the same dose night and morning ; or get some cowage, scrape off the hair, and mix it with honey, and of this give a dessert spoonful twice a-day ; and on the third or fourth day, repeat the seammony and calomel as before.

It is not always the worms can be expelled so soon ; the fever and other symptoms I have known to last for a long time, bringing the patient to the verge of the grave. If the real nature of the case be understood, and worm medicines given, recovery soon takes place, as has been the case with your little boy.

REMARKS.

These instances will be sufficient to illustrate the manner in which worms produce serious illnesses. It may be observed, however, that they do not always break out in

these violent forms. When we see cases of this description, they arise from the worms not being expelled, either from ignorance of the nature of the disease, or from not having the remedies at hand. As soon as it is known that a child has worms, he should be treated for them directly, and then none of these symptoms will arise.

Some children are very much disposed to worms ; but in what manner they become so, I cannot say.

Those are especially subject to them, as I before said, who eat much fruit, or raw vegetables, and who take vegetable diet : therefore I would strongly recommend that children subject to worms should live upon animal diet, or milk, and use abundance of salt with their food ; and that when they take their meals at dinner time they should eat bread only, and no vegetables ; neither should they be allowed fruit of any kind.

As the stomach and bowels are weakly in those subject to worms, I would advice (after all the worms have been worked off) some strengthening medicines, and those containing iron are the most suitable. Perhaps these \* powders are the best kind, given early every morning for a week or ten days, in treacle ; or steel-wine one drachm twice a-day.

\* Carbonate of Iron, and common salt, of each ten grains ; make a powder.

## CHAPTER XXXIV.

## ITCH.

This complaint originates from infection communicated by coming into contact with the native servants. The great care and cleanliness with which children in this country are looked after, would always preclude the probability of their having it in any other way. It is a disease which can only be caught in two ways, by excessive dirt, or by contagion. Itch is a cutaneous eruption, covering more or less the whole body; but more especially between the joints of the fingers and toes.

It varies in its appearance in this country, and does not, in several particulars, resemble the English itch. It breaks out mostly in the joints, between the fingers in pimples, which on being scratched break and run into one another. It has a thin, sticky discharge, which gives the eruption a disgustingly dirty appearance. In the worst specimens of this disease, as seen in the natives, pustules with a thin bladder filled with a dirty yellow fluid is formed, not unlike the ripe pustule of the small-pox: a number of these all united and running into one another, form a large nasty superficial sore, itchy, and irritable.

The nature of the complaint is not at first suspected by the mother, and generally by the time advice is taken, it is found to have broken out more or less all over the body.

As soon as it is known, the mother's feelings are generally a good deal shocked and disgusted, but her mind should be quieted ; for beyond a little inconvenience in getting rid of it, it is of no consequence. The servant who has been the means of communicating it, ought to be removed at once, and either discharged, or put under proper treatment for its speedy removal.

*Doctor's Visit.*

MOTHER. I do not know what this eruption is which has broken out all over my child, especially on the hands, and between the fingers. He seems to scratch it very much, which makes me almost dread it may be the itch; but I hope not. I cannot think how he could get it, for I have been very particular in keeping him clean.

DOCTOR. How long has he had it? and in what way did it come on?

MOTHER. I have observed it for a fortnight now. It came on in small pimples, filled with a little straw-coloured fluid, when he scratched himself; which he sometimes did with great violence. I observed that this watery, sticky stuff came out, and the sores ran into one another. It is very troublesome and annoying.

DOCTOR. It is the itch; and, doubtless, he must have caught it from some of the servants. Will you send for the boy who carries the child, and let me examine him?

MOTHER. Oh dear me! I am quite angry; that nasty boy has just the same appearance. I have observed he has looked very dirty of late.

DOCTOR. Boys, or ayahs, who are in the habit of carrying children should be frequently examined, for their natural habits are exceedingly disgusting and dirty. They



should be made to bathe daily, and clean clothes should be put on frequently; and should there be any appearance of eruptions of this kind, they ought not to be allowed to be with the child.

MOTHER. I will look well after them. But what am I to do?

DOCTOR. You had better get some sulphur ointment, and rub it well in all over the child, keeping on a long dress for the purpose. Do this for a few days, and then bathe him in hot water, using abundance of yellow soap. If the eruption is not killed, apply it once again for other few days, and repeat the same ablution. Besides this, mix six grains of flour of sulphur in treacle, and give it early every morning. This treatment will suffice in accomplishing the cure.

## CHAPTER XXXV.

## BOILS.

Children in India are very subject to boils, and are always more so in a warm climate than in a cold one, owing, in all probability, to the excitable state the system is in. They are more frequent in the hot season, although not necessarily confined to this period of the year. It has been supposed (as mangoes are ripe in May and June) that this fruit is a prolific cause of them, but this is a popular error; for we daily see the infant at the breast, as well as other children of all ages, suffering from them, who have never touched or seen mangoes. The excessive heat of this season, added to a bad condition of the system, may generally be considered as the producing cause. Stout children are the most subject to them. They are very painful, and produce great irritability, swelling, and restlessness. I have seen some children covered with them; and as one set got well, others kept making their appearance. As is commonly the case with sore places, children are always knocking them, and thus rendering them very painful and sensitive.

*Doctor's Visit.*

MOTHER. My little boy suffers a good deal from several very sore boils. They appear to give him considerable pain, especially at night, when he becomes hot.

DOCTOR. Have you observed whether his general health is out of order, and whether his bowels are regular?

MOTHER. I have not noticed any thing particular regarding his health. He is lively and plays about. He sometimes cries, but this I imagine proceeds from the pain and soreness of the boils. His bowels are rather costive.

DOCTOR. I am not surprised, for the weather is very hot and oppressive. I will now advise you what to do. Where the boils are situated on the head, have the hair removed all about them: in fact, I would strongly advise your having his head shaved. It will keep the head nice and cool, and, as others generally succeed, you will prevent much inconvenience to the child: the hair getting into the sore keeps up the irritation and pain, and causes a deep core to form. As a general rule, I may observe, wherever a boil is situated amongst hair, let the hair be instantly removed.

The next thing is to soothe them as much as you can. This may be done by carefully washing them several times a-day with milk and water, in which is mixed some laudanum.

MOTHER. Am I to put on a poultice?

DOCTOR. If boils are not irritated, and kept washed in the manner above directed, without any other application, they generally die away of themselves; therefore at first nothing should be applied of a drawing nature. You may give the child a little cooling medicine.\* How-

\* Infusion Roses half an ounce; Epsom Salts half a dram; mix into a draught.

ever, sometimes they run on and come to a head; even in this case I would apply a poultice, only a day or two before it either required lancing, or appeared likely to burst of its own accord. As soon as it is opened, a large quantity of matter generally exudes, and at the bottom of the sore will be seen a white stringy mass called the core. This should be squeezed out, and in the cavity a little piece of lint may be introduced, and over all a light bread and milk poultice applied. The poultices should be renewed every four hours for a day longer, and then removed altogether; and the wound dressed twice a-day with Turner's Cerate spread on lint or fine rag. I may here observe, that the boil will not heal as long as the core remains in. Hence it is necessary to get rid of it as soon as possible after lancing it; but on the other hand, as soon as it is removed, all the angry appearances of the boil and surrounding parts vanish, the pain goes away, and the place heals up rapidly.

## CHAPTER XXXVI.

## SMALL-POX.

Vaccination with the cow-pox has in a great degree lessened the frequency of this complaint, for which noble discovery, Dr. Jenner deserves the gratitude of mankind. Its failure in not more frequently preventing attacks of small-pox, arises from various causes : in my opinion that which deserves the most prominent place, is the deterioration which it undergoes, by passing through so many human subjects, without being renewed now and then, as it ought to be, by being taken fresh from the cow. However, I need not again repeat what I said under the article vaccination.

The small-pox is highly contagious, if it happens to prevail in any particular place ; and if great caution be not taken, it spreads with rapidity from house to house. A dwelling in which this disease exists should be instantly put under quarantine, and all the laws enforced in reference to other plagues, ought to be insisted on here. Even medical men going to visit their patient's labouring under this disease, ought not to visit any other family in the same clothes. After the disease has left the house, every article in it should be fumigated with sulphuric acid and nitre, or chlorate of lime, and the house ought to be thoroughly whitewashed.

When prevailing as an epidemic, it is apt to be of a confluent form, and considerable mortality ensues; but the treatment and management of it is now so much better understood than formerly, that deaths are not so frequent as they used to be. It was the practice to shut the patient up in a hot close room, with a large fire blazing away, till the air became highly contagious, foul, and disgusting. Now the plan (to the no small comfort and ease of the patient) is diametrically the reverse.

For the first two or three days it is impossible to judge what the complaint is, as it is ushered in by fever. If this disease is epidemic at the time, we ought to stand on the alert, as to the probable nature of the disease, and meet it accordingly.

Small-pox may occur twice in a person's life; and when it does happen, the second attack is generally severe. Where it occurs after vaccination, it assumes a very mild form, and does not run through its usual stages. Instead of the pustules filling on the eighth day, and maturing on the eleventh, it comes to its height on the sixth, and dies away by the ninth day, leaving no marks whatever behind, and is attended with very little fever.

If we could trace these cases from their origin, we should mostly find, that the vaccination had been spurious, and not run its course as it ought to have done. If vaccination be deferred till the small-pox is raging, it will be observed sometimes, that the two diseases may be in the system together, each running its course one after the other, at separate periods.

*Doctor's Visit.*

MOTHER. My child has fever, with considerable redness of the eyes: he complains also of sore throat, and of pain in his head and back. He sometimes complains of feeling hot and then chilly, and has much sickness at stomach.

DOCTOR. When did you first observe these symptoms?

MOTHER. Only yesterday. He has felt languid and out of spirits for some days; but yesterday this fever came on, which has not left him at all since.

DOCTOR. I cannot now decide what the nature of the attack is. However, I know the small-pox is prevalent just now, and these symptoms are very like those which usher in that disease; we will therefore go to work accordingly. His pulse is very quick and hard.

MOTHER. I am afraid it is the small-pox, for he has been with Mrs. ——'s child, who has it.

DOCTOR. We must use every effort to check the fever, as in proportion to its severity, will be the violence of the eruption. I think he is six years old. Well, give him these powders;\* one now, and one at bed time: and very early in the morning a draught,† so as to get his bowels freely moved. Keep him cool and in a current of air, put him on a chair, and dash cold water all over him. This you may repeat three times, or whenever you observe he gets hot. When you thus bathe him, always be-

\* Calomel grain one; Jalap grains three; James' Powder grain one; make into a powder.

† Senna Mixture one ounce; Epsom Salts half a drachm; Tincture of Ginger half a drachm.



gin by pouring water on the head. He should have no other bed clothes beneath him but a sheet, and nothing on but a night-gown, which ought to be frequently changed; and his hair had better be shaved off, for when the pustules get among it, it much aggravates them. As the throat seems very sore and painful, let him frequently use this \* gargle.

You may make him lemonade, cream of tartar drink, orange juice water, barley water; but do not give him any meat or irritating food. Keep him as quiet as you can: and if he complains of much head-ache, apply cold vinegar and water.

*Fourth day.*

MOTHER. The child's face is very puffy and swollen, and he complains of his nose and throat feeling puffy and filled up; and you will observe what numerous spots there are all over his breast, head, neck, and body; just like flea-bites.

DOCTOR. I see them: it is evidently the small-pox. Now that the eruption has come out, the fever will subside; but the former will continue coming out for a day or two longer. If they keep separate, and do not run into one another, so much the better: when they do, then the disease assumes the confluent form, and it becomes very severe.

His bowels have been freely moved, I see. Does he appear low spirited and very weak?

MOTHER. Yes; very much so.

\* Infusion Roses seven ounces; Honey half an ounce; **Laudamum** thirty drops; mix and make a gargle.

DOCTOR. The fever will go off soon. His food ought to be very simple and unirritating, such as bread soaked in tea, rolong conjee, rice puddings, bread pudding, and such like. He will not require any more medicine at present. You may continue the acid drinks, keep him cool and lightly clothed, and use the gargle.

*Eighth day.*

MOTHER. The pustules are now apparently large, being filled with a watery fluid of a yellow colour. His face is puffy, the eyelids are swollen and closed up; and he says his throat feels full, and he cannot swallow any thing.

DOCTOR. These symptoms will continue gradually increasing till the eleventh day, when there will be fever again, which is called secondary fever. The principal danger is now, owing to the weak and debilitated state the system is in: besides which delirium is apt to come on, and to carry off the patient. Has he had fever the last day or two?

MOTHER. No, none since. He says he suffers a sharp, pricking pain in the pustules from their filling. He is very weak and low.

DOCTOR. Give him to-morrow morning half a drachm of Epsom Salts in one ounce of Infusion Roses, so as gently to keep his bowels open.

Continue the same kind of diet and drink as I last mentioned.

REMARKS.

About the tenth or eleventh day, when the pustules

get filled with matter, secondary fever comes on, and this may be considered the most dangerous period, as well owing to the weakened state the system is in, as from the affection which the head may suffer; the pulse becomes quick, hard and strong, the heat very great, and delirium ensues.

The exhausted state of the system precludes the possibility of bleeding; and if the small-pox is confluent, there is no means of local bleeding. In fact, bleeding of any description is a doubtful remedy, for the fever is always of a low type. It is unnecessary, and had better not be had recourse to. To keep the bowels open, and to give fever medicine, is all the medical treatment which is now requisite.

When the small-pox is very mild, and all the pustules distinct one from another, there is very little secondary fever, this being dependant, generally speaking, upon there being a greater, or less number of them.

The pustules being very full about the eleventh day, they burst of their own accord, and the matter exudes, and forms a black crust. This gradually goes on hardening for a few days, and then drops off, leaving the skin of a disagreeable brown red colour, and pitted wherever the pustules have been large. This unsightly colour lasts several days, and is the source of much pain and sorrow to the fair sex, whose beauty vanishes like the morning cloud, under the transforming influence of this disease. The swelling of the face now subsides, while that of the hands and feet increase.

As the pitting in this disease arises from the great dis-

tention of the pustules, it is now recommended to prick them with a needle once or twice a day after the eighth day, and allow the contents to exude, taking care to wash them with warm milk and water several times a day, and then smear them over with ointment, made by melting wax and oil together very thin. The best manner to apply it is, to smear it over with a feather.

If the flies are troublesome, this preparation may be smeared on very fine rag, and applied. Where the eyelids have been much affected, great care should be taken to keep them frequently cleansed, and washed with rose water; and, to prevent their sticking together, they should be smeared with the ointment.

It is the nature of this disease to leave the patient very weak and low, requiring sometimes a long period to recruit the health.

During its progress great care as to diet must be observed; if it is permitted to be rich and high seasoned, it tends to feed the disease. During the first fever only liquids, as before mentioned, should be administered: when that has gone off, light farinaceous diet should be given, which again ought to be regulated according to the existing strength. If the patient be strong, and naturally of a full habit, he should be fed very moderately; if weakly, and likely to sink under the depressing influence of the disease, then his diet should be nourishing, accompanied with a variety of light, mild puddings. A little jelly may be given during the interval of the two periods of fever. As soon as the disease has run its course, the diet,

may be increased according to the ability of the child to bear it.

When the patient can be removed, after the disease is over, he should be taken to some place on the sea coast, if practicable. His clothes should be washed in vinegar, his late abode thoroughly whitewashed, and all the various articles of furniture fumigated. Vide measles.

## CHAPTER XXXVII.

## HOOPING COUGH.

Hooping Cough is one of those peculiar diseases which, although contagious, affects children but once in their lives. It may be epidemic, and conveyed from house to house, and therefore requires great precaution.

It usually begins like a common cold, with more or less fever; running at the nose, sneezing, and a slight difficulty of breathing; thirst hoarseness, and quick pulse. These symptoms are afterwards accompanied by a cough, which is more violent and rapid than coughs occurring in a common cold; and at the end of it a sudden and full inspiration is made, when a peculiar sound is heard, which is called the hoop. Every time the patient attempts to recover his breath, the convulsive coughing is renewed; and will continue, until it terminates in vomiting up a quantity of phlegm. After this the patient gets relief, and the little fellow will again turn to his playthings; excepting when the attack has been very severe, he then feels much fatigued, and breathes rapidly.

The disease is now established, and the attacks come on at longer or shorter intervals. The hooping cough sometimes proves fatal, and is liable to return with violence by exposure to cold before the disease is entirely removed.

It is also more unfavorable in young infants, as they cannot expectorate as older children do.

One of the attendants on this disease, and the most to be dreaded, is "inflammation of the chest." Should there be difficulty of breathing between the fits of coughing, we may be almost sure that inflammation has commenced, in which case bleeding by leeches should be resorted to.

There is, in the more severe cases, an affection of the brain, when leeches ought to be put to the temples, or behind the ears.

The most abstemious diet should be given during the whole of this complaint, which generally lasts from three to six weeks; but it has been known to be present for some months.

The disease generally assumes two distinct stages, which I will endeavour to exhibit before the reader.

#### *Doctor's Visit.*

MOTHER. My little boy has had a cold for several days past, with running at his nose, and fever. I now observe that he has a bad cough, short and dry; and that he makes violent efforts when he attempts to get rid of something in his throat. He seems unable to get his breath easily in the midst of the cough.

DOCTOR. It is not easy yet to determine what is the nature of the disease. Have you observed that he has any difficulty of breathing and hoarseness?

MOTHER. Yes, I have observed both. He has a good deal of thirst and heat.

DOCTOR. I imagine it must be the hooping cough. The disease generally shows itself in its true character



about the second week. The great effort to cough becomes more rapid and violent as the disease advances, and during it a kind of convulsive effort is made to draw in the breath, producing a sound like a hoop. Have you observed this?

MOTHER. Yes; and at the end of his cough, he becomes quite black in the face, and vomits: he then gets relief; plays as usual, and asks for food.

DOCTOR. He will have several of these attacks; if the cough is not severe, he will not feel very exhausted; but if it is violent, he may become weak, and his breathing be hurried after it.

MOTHER. Do you think the disease will continue long, Doctor?

DOCTOR. It depends upon circumstances. If the disease is mild, it will continue in this way for a few weeks, and go off gradually; but if severe, or the child is exposed to fresh cold, it will be protracted and difficult to manage. If he does not get very weak and languid, and if the fever subsides; if he has no oppression in his breathing, free expectoration, and easy vomiting, he will get on very well.

MOTHER. What shall I do for him?

DOCTOR. As this is the inflammatory stage, where the minute ramifications of the air tubes are affected, perhaps it will be advisable first to apply a few leeches on the lower part of the throat. The presence of inflammation, should there be any, will be more strongly indicated by difficulty of breathing between the fits of coughing.

Follow up the leeches with these\* powders every four hours, until the urgent symptoms subside, and to-morrow morning give him a dose of castor oil, so as to get his bowels well moved.

MOTHER. I will follow your advise strictly, for I feel anxious about the child.

DOCTOR. It is also desirable to give him occasionally, two or three times during the week, an emetic of a desert spoonful of antimonial wine; and also a stimulating lotion should be rubbed on the chest, similar to that prescribed for croup; or the following liniment; † and as soon as it brings out pimples or inflames the skin very much, you must discontinue the application.

MOTHER. Will it blister the skin?

DOCTOR. No, I do not wish it to do that; only to keep up redness and irritation. I would also strongly recommend inhaling steam from hot water as an excellent remedy. As the inflammatory stage lasts about three weeks, it is necessary to meet it in this way, for the lungs are liable to become seriously affected. The diet should be bland and very mild: nothing but milk and bread, rice puddings, and unirritating diet of this nature, should be used; while great care must be paid to the clothing, which should be warm and comfortable. Fannel should be worn next the skin, and warm worsted socks on the feet; care being also taken not to expose him to the cold air, and chilly night dews.

\* Calomel grain one; James' Powder grains two; Powdered Opium one tenth of a grain; mix into a powder.

† Tartar Emetic one dram; Warm Water three ounces; Tincture of Spanish Flies half an ounce; mix into a liniment.

*Second Visit.*

MOTHER. My boy has been ill nearly a month now, and the cough still appears very bad ; he has lost the fever: but he has become thin and weak.

DOCTOR. The disease now puts on more of a spasmodic character ; the urgent inflammatory symptoms have gone off, and the cough must be treated accordingly. Has the cough that hoop still ?

MOTHER. Yes, and I think more so. He suffers very much whenever it comes on, and it continues a longer time before it ends. He seems suffocating, and turns quite black in the face. I have taught him to vomit up the phlegm when the sensation of sickness comes over him.

DOCTOR. You must continue rubbing the liniment on his chest, and give him some little\* pills three times a day, with two tea spoonfuls of this mixture,† and two grains of Dover's Powder on going to bed.

MOTHER. Am I to continue the emetic ?

DOCTOR. No : the necessity for that does not exist now ; if he becomes weak and exhausted, we must keep up his strength by bark, and nourishing light diet. Make him some jelly, and strong beef-tea : any thing hard and indigestible would much aggravate the cough. It would do the child good, if you would rub his back with the embrocation all along his spine. Are his bowels regular ?

\* Extract Hemlock grain one ; Flowers of Zinc grain one and a half ; Extract of Gentian grain one ; make into a pill.

† Subcarbonate of Potash grains five ; Cochineal grains twenty ; Water three ounces ; make a mixture.

## REMARKS.

In this way the disease usually runs its course, lasting from six weeks to two or three months. When the cough goes off, it almost always leaves the system weak, and the spirits very low; and especially so in weakly children. If the child is of a scrofulous habit, or disposed to consumption, hooping cough frequently causes those diseases to show themselves. Change of air to the sea coast, especially if the patient lives in the interior, is very necessary; the softness of the sea air is conducive to the restoration of the health. The bodily strength in the latter part of the disease must be carefully attended to: should it fail, light bitters ought to be given twice during the day, with a pill of one grain of Extract Hemlock at bed-time, with good nourishing, yet simple food.

## CHAPTER XXXVIII.

## CHICKEN-POX.

This is a very mild disease scarcely ever giving rise to any troublesome, or unfavourable symptoms, and never proving fatal. When it attacks a child he may perhaps feel a little unwell, and pustules begin to appear: dating from these feelings, on or about the third day they become filled with a watery fluid, (*not matter.*) They are generally ripe about the fifth day, and then dry up into scabs. There are only very few pustules on the body. The grand distinguishing marks of this complaint from small-pox are these.

The chicken-pox is not preceded by fever; the pustules ripen and die away on the fifth day; the early appearance of them; and their never being filled with matter, but only with a watery fluid: whereas in small-pox, there is considerable fever, the pustules appear only like flea-bites on the third and fourth day, ripen on the tenth day, and die away on the eleventh and twelfth days; and lastly, the pustules are filled with matter, attended with secondary fever.

Very little is necessary to be done in this disease. When the eruption appears, give the child a purgative, and keep him on low farinaceous diet, giving him as common drink, a little lemonade, and such like.

## CHAPTER XXXIX.

## MEASLES.

The nature of the chicken-pox, measles, small-pox, and hooping-cough, so far resemble each other, in that they are alike contagious and epidemic, generally occurring but once during life, and are all preceded by fever. The three former are eruptive, while the latter is spasmodic. The precaution to be used in preventing the spread of these diseases is the same in every respect. I have given particular instructions on this point under the head of small-pox, which also ought to be attended to where the measles prevail; and I need only add here, that if there are other children in the house, they ought to be instantly removed. There is a modern discovery of great value to mankind in preventing infection from diseases of this class. It is called chloride of lime, and by mixing one part of this with forty parts of water, a solution is formed, which (if sprinkled in the sick chamber, and all over the house) has the invaluable property of destroying infection from disease, and all bad and fetid odours. Some physicians maintain, that this has such a powerful influence in destroying infection, as to prevent nurses and attendants from catching the disease. It must be sprinkled over the room twice a day, as long as there is any sickness remaining.

*Doctor's Visit.*

MOTHER. My little Johnny has been complaining for



some time past, and the day before yesterday I observed he had fever : he complained sometimes of feeling hot, and at others very chilly, when the skin, though hot and feverish, became covered with goose-flesh ; but to-day (the third) the fever is more steady, and he is very thirsty, but when he drinks he throws it up again.

DOCTOR. Have you observed whether he has any cough and hoarseness ?

MOTHER. Yes, he has a nasty dry cough. I should tell you he does not like the light, and I have been obliged to shut up the windows, as you see ; he also sneezes very often.

DOCTOR. I thought so : his eyes are very red and swelled, and he appears to have a running from the nose. Have you remarked whether the symptoms are less in the morning, and worse in the evening ?

MOTHER. Yes ; and that he complains of his head and back aching, and paining him a good deal.

DOCTOR. All these symptoms correspond with those which usually precede an attack of measles. If it be indeed this disease, you will observe a small rash on his forehead to-morrow ; the eruption will appear like little points, first in separate dots : as they advance they will run into clusters, and will cover the face, arms, and body, appearing in patches of irregular size and shape, and rough when you feel them with the finger.

The first thing we must do is to get the bowels freely opened. Give him this\* powder directly, and follow it up

\* Calomel grains two ; James' Powder grain one ; Powdered Jalap grains four ; mix into a Powder.



by a dessert spoonful of this \* mixture every two hours, till the bowels are well opened. He must not have any solid food ; give him only conjee, barley water, and acid drinks — such as lemonade, or tamarind water — keep him cool, and do not expose him to any current of air. You must watch him very closely, taking care that the cough does not increase, otherwise inflammation of the chest, accompanied with difficulty of breathing, will come on. You will have to give him a dose of the opening mixture to-morrow morning, so as to keep his bowels open, and repeat it every day.

*Second Visit.*

MOTHER. The eruption has spread from the face, as you said, all over the neck, breast and body ; the patches are very red on the body, but they are becoming brown on the head and face.

DOCTOR. This is the way it goes on ; generally as that begins to die away on the upper part of the body, that on the lower part comes out a day later. On about the eighth or ninth day from the attack of fever, the eruption goes off the face in this manner. The first skin breaks and dries into a white crust, which gives the part the appearance as if covered with flour. This process is called desquimation. Next follows the desquimation on the face and neck ; and a day or two later, that on the body. Did you give the medicine ?

MOTHER. Yes, and it operated very nicely.

\* Epsom Salts half an ounce ; Mint Water two ounces ; Antimonial Wine twenty-five drops ; Tincture of Senna two drachms : make into a mixture.

DOCTOR. You must now give him two grains of James' Powder every four hours. Continue the drinks before recommended.

There is a great tendency to inflammation in this complaint, as you may now observe by the eyes, nose, and throat, being so much affected ; but as long as it is confined to these parts it is of no consequence, for it generally subsides when the eruption goes off. If inflammation of the lungs comes on, it is unfavourable : it may commence after the eruption has left, therefore great care is necessary. When it does attack the patient, there is great oppression on the chest, difficulty of breathing, and restlessness.

MOTHER. The cough is troublesome. What must I do for it ?

DOCTOR. For the cough you may give these \* pills twice a day, and let him inhale the steam from a basin of hot water.

MOTHER. Must I bathe him ?

DOCTOR. No ; the strong tendency to inflammation of important organs in measles preclude this. In the small-pox this is highly desirable, but not so in measles. The child's room should be airy, and of as uniform a temperature as possible.

## REMARKS.

Where the attack is mild, with a moisture upon the skin, relaxed state of the bowels, moderate fever, and the eruption appearing early, and going off in that

\* Extract of Henbane half a grain ; Ipecacuanha grain one ; Mucilage of Gum Arabic enough to make into a pill.

peculiar white desquamation, the symptoms are indicative that the disease is likely to terminate favourably ; but in those cases where the above symptoms are severe, the lungs becoming inflamed, and the eruption assuming a blue and black colour, we may at once pronounce great danger. An attack of diarrhea in the complaint is always to be looked upon as a favourable symptom.

If the complaint suddenly disappears in the midst of its course, it will soon terminate in death, by striking inwardly on some of the internal organs as the head, chest, &c. unless speedily brought out again on the skin. In such a case the little sufferer should be placed in a warm bath, and mustard poultices should be applied to the legs and chest : warm conjee, in which a little wine is mixed, should be given frequently, and about eight drops of Ipecacuanha Wine every half hour.

This disease (like the others of a contagious kind) leaves very bad symptoms occasionally behind, and rouses into action any dormant disease, where a tendency to such exists in the system. Great debility generally follows, rendering change of air necessary, as well as great care and attention in the after management ; such as nourishing plain diet, light tonic medicine, with the occasional use of paretic for the cough, and carefully avoiding all exposure to cold.

## CHAPTER XL.

## PROTRUSION OF THE NAVEL.

Where the proper management of the navel in young infants has been neglected, and the parts more than usually weak, the navel is apt to protrude. At first this is small, and scarcely attracts attention ; but as the child grows, it becomes larger and more prominent, jutting out like the top of a large finger. As the child grows up the part shows great weakness, so that when he cries, coughs, sneezes, or when the bowels are opened, it is impelled out with considerable force. There is no pain, or inconvenience to the child ; but as this is what is called “ Umbilical Hernia, or rupture of the navel,” the tumor becomes filled with the bowels. It is easily pushed back ; but as soon as the pressure is removed, it also returns.

I here lay great stress upon this complaint ; as in most instances it arises from the neglect of the nurse after the navel has separated. Mothers ought, therefore, to make very particular inquiries after it, and always ask the doctor to examine it, and see whether it is going on properly. I have elsewhere mentioned, that a compress, with a bandage over it, should be worn for three months after the navel has come off.

Where the evil does exist, it should be met at once by uniform pressure. Make a pad by sewing a silver plate, the

size of a crown piece, in a bag stuffed with cotton : this is to be fastened round the waist, and over it a broad belt to be strapped on ; or this pad may be fastened on first by long strips of sticking-plaster, and afterwards the belt as above described. I have seen a ball nearly the size of an egg cut in two, and the flat end bound on the navel ; but there will be a difficulty in keeping any thing of this kind on, especially if the child has a large protruding belly. The restlessness is another hindrance, for during the thousand and one positions the child throws himself into, it either slips up, or falls down. Sometimes strips of sticking-plaster are applied directly over the tumor. Any of these plans may be tried ; only the pressure must be so continued by fastenings, that it will not come off.

Doctor Graham recommends that “ the pad should be fastened down by sticking-plaster, over which a belt must be put, which goes round the body both above and below the navel. The belt is to have straps attached to it, which are to come round the lower part of the belly and thighs, and over all this a waistcoat fastened by strings.”

It is a troublesome complaint, requiring in after life the constant use of a truss. I once saw a child who suffered very much with it, and who seemed to get worse as he grew up : ultimately the child died of dysentery, but not owing to this complaint.

## CHAPTER XLI.

## BRUISES, CUTS, AND WOUNDS.

Children when beginning to run about, are very apt to run against chairs, tables, and doors, or to fall down and receive contusions. These accidents may be followed by swellings or bumps on the part receiving the blow, but<sup>d</sup> unaccompanied with any tearing or abrasion of the skin. The child will cry a good deal from the pain and fright, but the treatment will be very simple : applying a little tepid vinegar and water will relieve the pain, and afterwards the bump should be left to disappear of itself.

Where the skin is torn the best thing to apply is sweet oil, first washing the part well with tepid milk and water. If the bruise and abrasion of the skin is extensive, it will be necessary, after washing the part as above described, to apply a piece of lint dipped in sweet oil for the first twenty-four or thirty-six hours, and then to remove it by washing the part in warm water, and dressing the sore with simple ointment spread on fine, soft rag or lint; repeating this daily till healed. If the wound does not appear healthy, Turners' Cerate may be substituted in the room of simple dressing.

Children from falling on sharp places, from improperly using knives, or any other cutting instrument, fre-



quently meet with serious accidents and cut themselves. If the part bleeds much, it should be surrounded instantly with a piece of lint or old soft linen rag. After waiting an hour or two, this may be washed off with tepid water, and the wound brought close together, the two edges touching, and then kept in that position by sticking plaster. This should be covered over with a bandage, and not opened for two days.

I consider all those fiery and heating applications as, Friars Balsam, brandy, &c., as being very bad. This was the practice of our forefathers, \* but modern times have discovered, that nature left to her own resources, is the best repairer of all accidents occurring to the human body. Our duty is merely to assist her, and put her into the right way by cleansing the wound, bringing the parts into apposition, and keeping them there; and when this is done, keeping the whole at rest, so as to enable her to accomplish her work quickly and properly.

I cannot forbear condemning that hurtful practice which many mothers have of giving their children penknives, scissors, thimbles, and bodkins. Any thing convenient the child puts into its mouth, and frequently swallows it, or what is more fatal it may go down the wrong throat, and produce great sufferings, and perhaps death.

\* Rev. Mr. Jefferys' curious and amusing work on the power and influence of "Custom," is quite in point to that of our forefathers; and many a poor child has suffered much unnecessary pain through this "prevailing custom."



## CHAPTER XLII.

## DISEASE OF THE LIVER.

After children have passed through their teething, and the mother's mind in some measure relaxed from that watchful and anxious care so long exercised, it not unfrequently happens, that the child becomes sickly, peevish, and evidently indisposed: in vain the mother looks for the cause in the teeth, as she knows they are all complete. I will therefore give her some marks whereby to judge of this disease of the liver. The child looks either sallow, or very pale and languid. Sometimes he appears almost transparent, there is a dark appearance round the eyes, the eyes look heavy and muddy, while the white of the balls has a yellowish dirty tinge; he has no appetite, the bowels are mostly relaxed with perfectly white motions, like a white pulpy mass: there is no fever: the child will perhaps amuse itself with its playthings, but expresses discontent and dissatisfaction very soon with them: he is much disgusted with his food, and occasionally vomits it all up again, the tongue will be found to be white with a dark furr on the back part. These symptoms may come on at any age. If they show themselves after teething they may at once be attributed to a diseased state of the liver, though many mothers would call it the bowel-complaint. What I have now said plainly indicates that the

child is suffering from climate, and therefore the sooner he is sent out of India the better. The sea voyage to England, and a residence in its cold climate, are the only effectual restoratives; for though the disease may be checked by medicines, it is, generally speaking, only patching up the constitution for the time being, and the disease is liable to return with two-fold violence.

*First Visit.*

MOTHER. My little boy is very poorly I fear although he has no fever: his bowels are very much out of order and relaxed, the motions being perfectly white and sticky. You observe how very pale he looks, with sallow patches here and there, and a dark colour round his eyes.

DOCTOR. How long have you noticed that he has been falling off in this way?

MOTHER. For some time past he has been peevish and fretful, but it is only a few days since I observed his bowels were so much relaxed.

DOCTOR. I perceive he has all his teeth. How old is he?

MOTHER. About three and a half years old. He will not take his food; and sometimes when I have coaxed him to eat a little, he vomits it up again.

DOCTOR. Let me look at his tongue. I see it looks white and covered with a dark furr. His skin feels cool, but dry. Has he ever told you that he suffers from pain in the right side, shooting up to the shoulder?

MOTHER. No; I do not remember his complaining in that way.

DOCTOR. Let me feel his right side. I think I can

mark a fullness about the part, and he seems to flinch as if my examination gave him pain. I have no doubt there is a good deal of disease of the liver, which is the principal cause of the bowel-complaint, and that the bile is not properly secreted. You had better therefore give these powders, \* one every three hours; and to-morrow morning a dose of castor oil. Make a kind of flannel glove, pour on it this liniment, † and rub it well in over the right side for an hour each time, night and morning. Let him have as much exercise as you possibly can in the open air. Send him out for a ride on his pony every morning and evening; and in the day put him into a swing, and keep him constantly amused.

MOTHER. What may he have to eat and drink?

DOCTOR. He had better not have any meat; bread and milk, light puddings, bread and toast, and such like. He must not taste wine or beer, and have only toast and water, or lemonade to drink.

*Second Visit.*

MOTHER. How is your little boy to-day?

DOCTOR. He appears a little better I hope. A great deal of bad stuff has passed from his bowels.

DOCTOR. How frequently have they been moved?

MOTHER. Very often; of the same white colour. His appetite is very indifferent; and I can scarcely get him to touch any food.

\* Calomel grains three; Chalk and Mercury grains four; Magnesia grains two; mix into a powder.

† Olive Oil two ounces; Powdered Camphor half a drachm; Blue Ointment one drachm; rub up into a liniment.

DOCTOR. You will have great difficulty with his food for some time to come, until his liver begins again to act properly. Has he been free from fever and pretty cool, since I saw him last ?

MOTHER. I observed last night that his body was a little hot, but the heat left him towards the morning, as soon as his bowels were relieved.

DOCTOR. You must continue with the remedies I advised yesterday. You need not be alarmed about the quantity of calomel he is taking. Children with diseased liver generally take an immense quantity before the secretion of bile is restored to a healthy state, and I have no doubt, when that desirable change takes place, you will find the mouth untouched by the mercury : you must, therefore, steadily persist with the powders and limiment as before; observing however, very closely whether his mouth becomes affected; and this you may ascertain by a peculiar fetid smell of his breath, and a spongy state of the gums, attended with slight ulceration. If these marks are present, you must leave off the mercury immediately. Sponging the body over with a nitric and muriatic lotion \* has been found beneficial, although I consider it only a secondary remedy.

MOTHER. Do you think he will be ill long ?

DOCTOR. I have generally seen these symptoms continue for about twelve or fourteen days, when the secretion from the liver becomes altered, and healthy bile is thrown out. This disease shows that the climate does not

\* Nitric Acid, Muriatic Acid of each two drachms ; Water a quart ; mix into a lotion.

agree with the child's constitution, and it is always liable to return. The principal thing to be attended to, is the necessity of a change of climate: the sooner you make up your mind to send him home to England, the better. I imagine his health will more or less suffer, as long as he continues in India.

MOTHER. I am sorry to hear you say he must go to England, as I was in hopes I should be able to keep him till he was five or six years old. Do you think a change to the Hills would do him good?

DOCTOR. Doubtless it would for the time; but as soon as you come back he would fall off again. When he gets over this attack, I would advise his occasionally wearing on his right side, just over the liver, a mercurial plaster, and take three grains of blue-pill once a week.

## CHAPTER XLIII.

## IMPROPER USE OF PINS, &amp;c.

I have sometimes noticed mothers cleaning their infant's toe, and finger nails with pins and needles. This is a very bad practice, because should the child be restless and fidgety, these sharp pointed instruments are apt to run into the skin. If the pin should be dirty, or corroded, then the puncture festers, and a tedious nasty sore follows. This office had better be performed with a small bodkin, or blunt pointed instrument; and in order to prevent a frequent necessity for doing it, the nails should be cut short. The best time for setting about either of these things, is when the child is asleep.

Native servants are very fond of imitating their madams, doing behind their backs, what they have seen them do in the parlour. I mention this, as I know they frequently follow this pernicious example. I have mentioned under the head of dress for infants, that pins ought never to be used in children's clothes. There is no knowing (when they are used) whether they are pricking the child, or not. I need not therefore say more, but will merely enforce the strict observance of this rule.



## CONCLUSION.

I am now about to take leave of my fair reader ; and I do so sincerely trusting, under God's blessing, that the few hints thus put together may prove both serviceable and acceptable. Perhaps it may be as well to caution her against expecting too much from this work, or to think that diseases will run on in exactly the routine herein set forth. And again some of the symptoms of the cases may perhaps differ a little, owing to some peculiarity in the child's constitution ; nevertheless, I have no doubt, that the general nature of any one particular ailment, will easily be traced from what is laid down under its appropriate head.

I will also add a word of advice ; and caution the mother against the free and indiscriminate use of medicine, when the child appears in good health.

When children require opening physic, the simplest kinds should be given ; such as castor oil, magnesia and rhubarb, manna, &c. Some ladies are forever giving their little ones calomel, till that poison becomes almost habitual to the constitution. Where active and powerful remedies of this character are requisite, they should be either administered by a medical man, or had recourse to when rendered absolutely necessary by diseases like those detailed in the foregoing pages.

A mother's care does not always end in this country, when her child has all his teeth complete. Climate alone



may operate so injuriously, as to keep him more or less in bad health. I wish to be clearly understood when I offer these remarks, that I do not mean to assert that this is always the case ; but I think I am right, when I make it so far a general rule, as to advise, that whenever parents have it in their power to send their children home to England, it is my strong advice that they should do so at an early period, both for their moral and physical health.



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